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Murthy's
HEALTH AND
MEDICAL DIRECTORY
of
HYDERABAD

First Edition

7/02

NOVEMBER - 2001.

Human Needs Enterprises

618, 6th Floor, CTC, Parklane, Secunderabad - 500 003.

Phones : 6320207, 6320208.

With best compliments from :

CH. VENKATESWARLU

Managing Partner



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H.No. 5-16, Thumukunta,

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Phones : (O) 928 - 44739 (R) 7533020

Murthy's HEALTH & MEDICAL DIRECTORY

With best compliments from :

Mynampally Hanmanth Rao

Trade Unionist (TNTUC),

Social Activist &

State TDP Youth Leader



ALWAL, SECUNDERABAD.

Murthy's Health & Medical Directory

HUMAN NEEDS ENTERPRISES

618, 6th Floor, Chenoy Trade Centre,
Parklane, Secunderabad-500 003

Compiled & Published by

K.S. Murthy

(H No 1-8-75, R.K Nagar, Alwal, Secunderabad-10)

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Murthy's **HEALTH & MEDICAL DIRECTORY**



With best compliments from :

M/s Sapthagiri Agencies
SECUNDERABAD.

One Moment...

Information is the order of the day. If it is regarding to health, It becomes more important. Informations related to doctors, Medical & Paramedical members pooled at one place is really beneficial to the public It is well known that quality is best kind of advertisement, but at the same time even quality needs advertisement. We emphasis to provide quality oriented information to the general public and assured mileage to the advertisers.

We tried our level best to accommodate more and useful information to make it a perfect directory. We still feel that an ocean of information is yet to be covered.

We have to offer a million thanks to so many friends, well wishers, advertises and particularly **Mr. A.Venkateshwar Reddy** of **M/s. Quest Publishers**, Kurnool who is inspiration for coming up with this directory. Mr. Ganesh and Mr. V. Madhusudan of M/s. Akhil Printers and so many others who have worked and co-operated through out our endeavours.

This directory is an effort to give valuable information to the general public. We will be hopeful that this directory will serve the purpose. Any suggestions in this regard will be highly appreciated.

Hyderabad

November 2001

- *K.S. Murthy.*

With best compliments from :

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Srikanth**

Ambulance Services

■ **A.P. Center for Emergencies**

Exhibition Grounds,
Hyderabad -500 001
Phone 4603160

■ **Adishakti Sri Sai Ambulances**

1-4-27/72/61,
Padmashali Colony,
Kawadiguda,
Secunderabad
Phone 4535368

■ **Aravind Ambulance Services**

Opp Rajeshwar Theatre,
Market Street,
Secunderabad -3
Phone 7715708

■ **Chandra Ambulance Services**

Erramanzil Colony,
Punjagutta,
Hyderabad -500 082
Phone 3328055

■ **Pioneer Ambulance Services**

Nalanda,
Amrutha Estate,
Somajiguda,
Hyderabad - 500 082
Ph 3312145

■ **Soujanya Ambulance**

Besides CDR Hospital,
Shapurnagar,
Industrial Development Area ,
Jeedimetla,
Rangareddy District
Phone 3096327

■ **SRM Ambulance 24 Hour's**

1-9-276,
Ram Nagar Gundu,
Hyderabad - 500 044
Phone 7610019

■ **St. Johns Ambulance**

AP State Centre,
Sultan Bazar,
Hyderabad -1
Phone 4656785

■ **Shusrutha Ambulance Services**

Palika Bazar Complex,
Secunderabad-3
Phone 7704396

■ **Swarga Vahanam**

Near Imliban Central Bus Station,
Afzalgunj, Hyderabad - 500 012
Phone 4654640



*Money can buy you a lot of nice things.
But all the money in the world can not buy contentment.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Swetha Ambulance Service

Gandhi Nagar,
Hyderabad-500 020
Phone 7613249

■ Aswini Homeo & Ayurvedic Products

5-283/1,
Vajra House,
Moosapet,
Hyderabad -500 018
Ph 3703430

Ayurvedic Medicines

■ A .A. C. Co. Medical Products

15-2-3-8
S Niketan,
Kishangunj,
Hyderabad-500 012,
Phone 4601585

■ Ayurvedeeya Arkhashala Ltd.

Satara,
Shop 27,
PPS Complex,
Kachiguda,
Hyderabad Phone 7565391

■ Advya Herbal Products

1-2-27,
Gaganmahal Road,
Hyderabad-500 029
Ph 7645237

■ Badar Unani Stores

14, City Towers,
Malakpet,
Hyderabad-500 036
Phone 4554363

■ Andhra Ayurveda Bhandar

22-6-71,
Gulzar House,
Charkaman,
Hyderabad - 500 002,
Phone 4565206

■ Baidyanath (Ayurvedic Bhavan)

6-3-788/A/5,
Ameerper,
Hyderabad -500 016,
Phone 3410225

■ Aswini Group

H.P Road,
Moosapet,
Hyderabad-500 018,
Ph 3703607

■ Chatwal Pharmaceuticals

3-6-291/5-6,
Hyderguda,
Hyderabad - 29
Phone 3224273



True happiness is found in giving.



Murthy's HEALTH & MEDICAL DIRECTORY

IMPORTANT SERVICES

Police	100	COOKING AS	
Fire	101	Emergency Cell	
Ambulance	102	Hyderabad	4576261
Child Line Facility	1098	Secunderabad	7801123
A P State Aids Control Society			
Helpline	1097/4608602/4608603	EYE BANKS	
Ask Me (for city tel No's)	4444444	Chiranjeevi Eye Bank	3359066
www.justdial.com		Eye Bank Assn of India	3545454
		LV Prasad Eye Institute	3608262
		Ramayamma International	3548266
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Air India	3241383 / 3233119 / 3232747	Ameerpet/Yellareddyguda	3742589
Jet Airways	3401222 / 7900118	Azamabad/Musheerabad	7664283
		Balanagar	3771258
AMBULANCE		Banjarahills	3356862
Apollo Emergency	3548888	Begumpet/Greenlands	3403967
A P Centre for Emergency	4603160	Bollaram	7862116
Dev	3816903	Bowinipally	7750912
Om Sai	3703348	Chenchalguda	4527024
Pioneer	3312145	Chandulal baradari	4460286
St John's Ambulance	4656785	Charminar	4521106
		Faluknama	4440411
BLOOD BANKS		Gachibowli	3010362
Bhanji Kheraj Blood Bank	4745243	Gandhinagar	3078334
Blood Bank Narayanguda	7567892	Gunfoundry/Himayatnagar	3235305
Chiranjeevi Blood Bank	3353114	Gymkhana/Secunderabad	780342
Nagarjuna Blood Bank	7700733	James Street/Gen Bazar	7844336
Red Hills	3390956	Kachiguda	4657231
Gandhi Hospital	7702222	Kawadiguda	7616140
Govind Shanti Binrajkhher	7811253	Maredpally	7804137
For dooners details log into		Mehidipatnam	3514020
www.bloodserve.com		Musheerabad	7664283
		Moulali	7120765
BUS SERVICES		Narayanguda	7638389
Imliban Bus stn./Enquires &	4618685	Santoshnagar	4530479
Reservations	4614406	Sanatnagar/Erragadda	3704249
Alighting Point	4601919	Saroornagar	4045522
Jubilee Bus stn		Taranaka	7001633
Enquires & Reservations	7802203	Tolichowki	3560640
Dilsukhnagar Bus stn.		Yellareddyguda	3742589
Enquires & Reservation	4040023	HOSPITALS	
Koti Bus stn Enquires	4657651	Govt Hospitals	
		ESI,Erragadda	3700531

Murthy's HEALTH & MEDICAL DIRECTORY

IMPORTANT SERVICES

ENT, Koti	4740245	A P Polution Control	3748003
Gandhi Hospital, Sec-bad	7702222		
Govt Maternity Hospital, Koti	4653647	OXYGEN	
Kingkoti Hospital	4756085	Asiatic Industrial Gase	3085712
Mental Hospital, Erragadda	3813231/3814441	Production Needs Engineers	3095134
Maternity Hospital, Sec-bad	7792580		
MNJ Cancer Hospital	3318422	POST / TELEGRAPH	
NIMS/Panjagutta	3320332/6626922	GPO	4745978
Railway Hospital Sec-bad	7001134	CTO, Hyderabad	4609929
SD Eye Hospital, Mehidiapatnam	3317274	CTO, Secunderabad	7841345
State TB Centre, Erragadda	3811797	HPO, Secunderabad	7842614
		Speed Post Buss Centre	4617013

PRIVATE HOSPITALS

Andhra Mahila Sabha	7617801	24 HRS. PHARMACIES	
Apollo Hospitals, Jubilee Hills	3607777	Apollo Pharmacy	3231380
Care Hospital	4735464/65/6517777	Health Pharmacy	3210618
Care Hospital, Banjarahills	6668888	Jubilee Hills	3607777
CDR Hospital, Himayatnagar	3221221	Masabtank	3319825
Chandramati Hospital	3814628/3707060	Mehidiapatnam	3516107
Fernandez Maternity Hospital	4756997	Newcity Hospital Pharmacy	7805960
Hentage Medical Centre, Ameerpet	3730202	Quli Qutub Sha Medical & Gen Stores	
Hentage Medical Centre, Somajiguda	3379201	Osmania Hospitals	4606522
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Mahavir Hospital	3393134	Centralised General Enquiry, Hyd/Sec-bad	
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Medwin, Nampally	3202902	availability/fairs/onward/return/confirmations,	
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Himayatnagar	3222736		
Shantinagar	3319656		

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Circle - I / Circle-II	4525709/4525842	Phonogram Booking	185
Circle - III (GPO)	4736912	Police Control Room	3232222
Circle - IV (Red Hills)	3314778	Dial a Crime/Stopper	1090
MCH Tankbund	3225397	Police Exchange	3230191
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	1951/1952/1953
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Murthy's HEALTH & MEDICAL DIRECTORY

■ Chintalaru (ayurveda Medicines)

2-1-392/1/2/87,
Nallakunta,
Hyderabad-500 044,
Phone 7667393

■ Dayanad Medical and General Stores

3-2-25,
Nimoli Adda,
Hyderabad - 500 027,
Phone 4653456

■ Enal Drugs P Ltd.

Shapurnagar,
Industrial Development Area,
Jeedimeta,
Ranga Reddy District,
Phone 3711419

■ Epic Herbal Products

10-2-5/8,
AC Guards,
Hyderabad-500 028,
Phone 3391567

■ Friends Medical Hall

3-4-43/3,
Kachigua Station Road,
Hyderabad- 500 027,
Phone 4651472

■ Green Valley

3-4-531/4A,
Behind YMCA,
Narayanguda,
Hyderabad
Phone 7618188

■ Herbal Life

42-A, Vasavinagar,
Karkhana,
Secunderabad-15,
Phone 7744386

■ Herbal Body Care Ltd.

16-11-207/H/1,
Malakpet,
Hyderabad-500 036,
Phone 3227812

■ Hindustan Herbs House

B-7, Amrutha Arcade,
Opp Venkatramana Theatre,
Hyderabad
Phone 4657103

■ Hyderabad Ayurved Bhandar

3-3-53/1,
Station Road,
Kachiguda,
Hyderabad,
Phone 4652940



*Always put worry in its right place,
out of your life.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ **Hyderabad Medical Store**

10-3-14/D,
Humayunnagar,
Hyderabad-28,
Phone 3533901

■ **Impcops Sales Depot**

Veersavarkar Road,
Kachiguda,
Hyderabad-27,
Phone 7568375

■ **Jain Ayurvedic Pharmacy**

15-9-422,
Siddiamber Bazar,
Hyderabad-500 012,
Phone 4610612

■ **Kerala Ayurveda Pharmacy Ltd.**

1-8/63,
Kamalanagar,
ECIL,
Hyderabad-62,
Phone 7120491

■ **Kerala Ayurvedic Sanjeevani**

Plot No 74,
Sangeethnagar Colony,
Somajiguda,
Hyderabad
Phone 3318401

■ **Kesarimal Ratanlal Sharada & Co**

Moti Market,
Kachiguda,
Hyderabad-500 027,
Phone 4651047

■ **Kottakal Arya Vidyasala Agency,**

Vanijya Complex,
Dharma Reddy Colony,
Hyderabad -500 072
Ph 3050808

■ **Master Herbs Pvt. Ltd**

404,
UGBS Gardens,
Navodaya Colony,
Mehedipatnam,
Hyderabad-500 028,
Phone 3518647

■ **Matrushri Ayurveda Pharmacy**

1-1-770/4,
Ghandinagar,
Hyderabad-500 380,
Phone 7611057

■ **Natural Health Products Ltd.**

164,
Phase-V,
Jeedimetla,
Hyderabad-500 055,
Phone 3095680

*The secret to success is never
to give up.*

Murthy's HEALTH & MEDICAL DIRECTORY

■ **P. Kishanlal Dawasaz**

21-2-156,
Gulzar House,
Hyderabad -500 002,
Phone 4577705

■ **Pamul Industries**

5-5-41,
Gosha Mahal,
Hyderabad-500 012,
Phone 4602031

■ **Rajender Agencies**

4-4-13,
Near Dilshad Plaza,
Sultan Bazar,
Hyderabad,
Phone 4751760

■ **Raksha Ayurvedic Center**

Opp State Home,
YellaReddyguda,
Amirpet,
Hyderabad - 500 016
Phone 3742146

■ **Rasheed and Co.**

Jigar Road,
Troop Bazar Corner
Hyderabad-500 001,
Phone 4610282

■ **Sagar Valley Herbarls Enterprises,**

3-5-1085/1,
1st Floor,
Narayanguda,
Hyderabad-500 029,
Phone 3227943

■ **Sandhu Brothers Pvt. Ltd.**

3-3-73/6,
Kutbi Guda,
Kachiguda,
Hyderabad-500 027,
Phone 4652597

■ **Satya Agencies**

C-477,
NGO's Colony,
Vanasthalipuram,
Hyderabad-500 070,
Phone 4023159

■ **Savita Traders**

6-1-630/5,
Khairtabad Market Road,
Hyderabad-500 004,
Phone 3235960

■ **Sree Lakshmi Trading Corporation**

78, Opp Jeera Club,
Jeera,
Secunderabad-500 003
Phone 7535376

*If you want to have friends,
be a friend.*

Murthy's HEALTH & MEDICAL DIRECTORY

■ **Sri Bhagvan Ayurvedic & General Stores**

16-11-310/14/5/1/A & B,
Malakpet,
Hyderabad-500 036,
Phone 4548237

■ **Sri Swamy Samrat Ayurved Bhandar**

3-3-837,
Kutbiguda,
Kachiguda,
Hyderabad-500 027,
Phone 4657386

■ **Sunny Neem Extracts Pvt. Ltd.**

Plot 3,
Dwarakapuri Colony,
Panjagutta,
Hyderabad-500 082,
Phone 3320718

■ **The Herbal Way**

105, Aditya Enclave,
Everest Block,
Ameerpet,
Hyderabad- 500 016,
Phone 6505675

■ **Venkateshwara Ayurveda Nilayam**

17-3-157,
Ghasmandi Road,
Secunderabad - 500 003
Phone 7805954

■ **Vijaya Lakshmi Ayurvedic Medicals**

3-3-48/1,
Kachiguda,
Hyderabad-27,
Phone 4657594

■ **Vyagra Sales International**

223,
Chandralok Complex,
Sarojini Devi Road,
Secunderabad-500 003,
Ph 7897413

■ **Yaseen Unani Medical Stores**

21-2-374,
Lad Bazar,
Hyderabad-500 002,
Phone 4561689

Beauty' Salloons/ Schools & Beauticians

■ **AFFU'S Hair weaving & Beauty Clinic**

12-13-1253,
Street No 7,
Tarnaka,
Secunderabad.
Phone 7016422



*Kindness and courtesy can make an average person superior.
Indifference and lack of Concern can make
a superior person an average.*



■ **Anitha Beauty Parlour**

Swetha Complex,
Vidyanagar,
Hyderabad-500 044
Phone 7614415

■ **Anoo's Electrolysis & Obesity Clinic**

Navketan Complex,
Opp Clock Tower,
Secunderabad-500 003
Phone 7808234

■ **Anoo's Figurine**

12,
UBI Colony,
Road No 3,
Banjarahills,
Hyderabad - 500 034
Phone 3600301

■ **Beau'Tip Herbal Beauty Parlour**

202,
Imperial Apartments,
Besides State Bank of India
Greenlands,
Hyderabad - 500 016
Phone 3323308

■ **Beauti Clinic Om's**

216-2-753/54,
Revenue Board Colony,
Dilsukhnagar,
Hyderabad
Phone 4068434

■ **Begum's Beauty Care**

Chiragali Lane,
Abids,
Hyderabad-500 001
Phone 3203314

■ **Berkowits**

301,
Maheshwari Towers,
Road No 1,
Banjarahills,
Hyderabad
Ph 3301503

■ **Bombay Beauty Parlour**

3-65,
Shobana Complex,
Balanagar,
Hyderabad-500 037,
Phone 3771216



*Friendship is the most priceless gift
that can be given.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ **Charms Beauty Parlour**

109,
YMCA Complex,
Sardar Patel Road,
Secunderabad - 500 003
Phone 7805453

■ **Chic Beauty Parlour**

25,
Amruthamall,
Somajiguda,
Hyderabad-500 0082
Phone 3312239

■ **Chinese Beauty Parlour**

Street No-10,
Himayathnagar,
Hyderabad-500 029
Phone 645236

■ **Classic Mahendi Parlour**

10-3-5,
Fakar Manzil,
Mehdipatnam,
Hyderabad-500 028
Phone 3511942

■ **Dahlia's Beauty Parlour**

G2, Surabhi Lotus,
Near Green House,
Ameerpet,
Hyderabad - 500 016
Phone 3752840

■ **Ellora Herbal Beauty Parlour**

Santhi Soudha Apartments
Erramanizil Colony,
Hyderabad-500 082
Phone 3302952

■ **Esthetique**

Plot No 15,
Road No 5,
Jubilee Hills,
Hyderabad - 500 033
Phone . 3546851

■ **Evlas**

Road NO 3,
Banjarahills,
Hyderabad-500 034
Phone 3546332

■ **Femina Beauty Parlour**

Plot No 41,
Sidharthanagar,
Vengalrao Nagar
Hyderabad-38
Phone . 3810384

■ **Fery's Hair & Beauty Saloon**

Shop 9,
AmruthaMall,
Somajiguda,
Hyderabad-500 082
Phone . 3301463



*Strive to learn something
new everyday.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ **Glamour World**

6-3-1086/A,
Raj Bhavan Road,
Somajiguda,
Hyderabad- 500 082
Phone 3310465

■ **Hi-tech Cure**

Ground Floor,
Hardy complex,
M G Road,
Secunderabad -500 003
Phone 6211797

■ **Jasmine Beauty Clinic**

Sn Datta Sai Apartments,
Beside Yasoda Hospital,
Hyderabad-500 082
Ph 3303314

■ **La Femme Beauty Clinic**

MEZ-3,
Siddamsetty Complex,
Opp Chenoy Trade Centre,
Parklane,
Secunderabad-3 Phone 7846046

■ **Manjula's Health & Therpeutic Clinic**

10-3-771/3,
Vijaya Nagar Colony,
Hyderabad-500 057
Phone 3345659

■ **Mayuri Beauty Parlour**

4-5-768,
Badi Chowdi,
Hyderabad-500 027
Phone 4657845

■ **Metro Hair Dresses**

Main Road,
Santi Nagar,
Hyderabad-500 018
Phone 3775669

■ **Miracle**

5-9-88,
Inside Hotel Basera,
Sarojini Devi Road
Secunderabad - 500 003
Phone 3233103

■ **Mohan Beauty World**

Flat No 148,
Road No 10,
Banjarahills,
Hyderabad-500 034
Phone 3608549

■ **Monalisa**

29,
Sanali Heaven Apartments,
Ameerpet,
Hyderabad- 500 016
Phone 3747992



*The key to good health is to eat right, sleep right,
exercise right and treat others right.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ **Natures Way**

79/B,
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Hyderabad-500 195
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■ **Shamas**

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Have a good laugh at yourself from time to time. It will do you good.



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If your heart is breaking, give it to god to mend.



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*Even if all you can do is to crawl across the floor, its
better than just sitting there doing nothing.*

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*There is nothing in the world that love
cant conquer.*

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■ Amul Icecreams

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*Troubles, like a washing machine, twist us and
knock us around. But in the end
we come out bright and better than before.*



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Ph 7768271
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- **Jyothi Dairy Pvt. Ltd.**
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*Smile! God loves you! keep smiling
and others will too.*

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*Life is an Ice Cream. Enjoy it
before it melts.*

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*There is always some good in every situation.
All you have to do is look for it.*



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*Greatmen are not born great, God uses troubles
and trials to make them great.*



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*Success can be dangerous. It can breed orrogance.
Some times its better to fail. Failure fosters humility
and humility will win you more people than orrogance.*



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*I would rather confess I am wrong and be right
than claim I am right and be worng.*

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with what you have.*



- | | |
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*Good things comes to those who wait, better
things comes to theose who try.*

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*Every one has potential, you have to
just discover it.*



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*It is better to slow down and get there than
never to arrive at all.*



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*The hands which help are holier than
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*Happiness comes from within your heart, not
from your surroundings.*

ఉద్యోగం సంపాదించేడం ఎలా ?

దేశంలోని వివిధ నియామక సంస్థలు వేల ఉద్యోగాలకు ప్రతియేటా నిర్వహించే పోటీ పరీక్షల పూర్తి వివరాలు నిక్షిప్తం చేయబడిన విశిష్ట పుస్తకం, టెన్త్, ఇంటర్, డిగ్రీ విద్యార్థులకు పోటీ పరీక్షలపై పూర్తి అవగాహన కల్పించి, ప్రభుత్వ మరియు ప్రైవేట్ రంగాలలో ఉద్యోగ సాధనకు కల్పితరువులా ఉపయోగపడే అద్భుత పుస్తకం.

కేంద్రప్రభుత్వంలో క్లర్క్, దగ్గరనుంచి ఆఫీసర్ కేడర్ వరకు ఏ పోస్టు అందుకోవాలంటే ఏయే పోటీ పరీక్షలు రాయాలి? ఈ ఉద్యోగాలను భర్తీ చేసేందుకు పరీక్షలను ఎవరు నిర్వహిస్తారు? అందుకు విద్యార్థ తలెమిటి? ఈ పరీక్షలకు నోటిఫికేషన్లు ఎప్పుడు వస్తాయి?

మన రాష్ట్రంలో ఎ.పి.సి.ఎస్.సి., కాలేజీ సర్వీస్ కమిషన్, ఆర్.ఆర్.ఐ., బి.ఎస్.ఆర్.ఐ., ఎల్.బి, ఎల్.ఐ.సి., ఎస్.ఐ., ఎ.పి.ఎస్.ఆర్.టి.సి., ఎ.పి.ఎస్.ఐ.బి., టీచర్స్ రిక్రూట్మెంట్ వంటి వివిధ ఉద్యోగ నియామక పోటీ పరీక్షల సంపూర్ణ సమాచారం గల పుస్తకం.

టెన్త్, ఇంటర్, డిగ్రీ, పి.జి. సాకేంజిక, మెడికల్, ఇంజనీరింగ్, మేనేజ్మెంట్ తదితర కోర్సులు పదివిన వారికి ప్రైవేట్ ఉద్యోగాన్ని వెదికి పెట్టే దేశంలోని 20 నగరాలలోని 360 ప్లేస్మెంట్ సర్వీసుల పూర్తి చిరునామాలు గల పుస్తకం ఇది.

అమెరికా, యూరప్, గర్బ, ఆస్ట్రేలియా, న్యూజిలాండ్ ఇంకా అనేక దేశాలలో ఉద్యోగాలకు విదేశీ ప్లేస్మెంట్ ఏజన్సీల అడ్రెస్లు గల పుస్తకం.

ప్రైవేట్ కంపెనీ ఉద్యోగాలకు బయోడేటా ఎలా వ్రాయాలి? కవరింగ్ లెటర్ ఎలా ఉండాలి? ఇంటర్వ్యూలో విజయం సాధించడం ఎలా? వంటి ఎన్నో ఎన్నెన్నో వివరాలతో ముఖ్యంగా గ్రామీణ ప్రాంత విద్యార్థులు, ఎరుద్యోగులకు ఉపకరించే అమూల్య సమాచారంతో అత్యంత శాస్త్రీయపంథాలో రూపొందించిన పుస్తకం.

ఈ అపురూప పుస్తకం కావలసినవారు వెంటనే కార్కుపై మీ చిరునామా రాసి మాకు పోస్టు చేయండి. పుస్తకాన్ని ఎ.పి.సి.ద్వారా పంపుతాము. పోస్టమెన్కు రూ.99 + రూ.21 చెల్లించి పుస్తకాన్ని మీ ఇంటి వద్దే పొందండి.

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Ph. 7608558



*To see and understand the big picture, you've got to
meet the Master Painter.*



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*Give God a chance, and He will make
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*Earth has no sorrow that
time cannot heal!*

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*Light up your own life by
lighting up another's.*



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Life rewards those who persevere.



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someone needs in an otherwise stormy day.* 

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*Life is a journey;
Heaven is the destination.*



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*Man looks on the outward appearance,
but God looks on the heart.*

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*God overlooks our negative traits;
we should do the same for others.*



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*Are you sure you're right, or are
you just being stubborn ?*

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*"I can't" are sad words in
any language.*

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*Never confuse a mere bend in the road
with the end of the line.*

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*It's better to slow down and get there
than never to arrive at all.*



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Cursing a flat tire does not fix it.



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*Everyone has potential;
you have to discover it.*

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రామాంటిక్ మేన్ గా మారడం ఎలా?

రచన : డా॥ శరత్ చంద్ర

(నిస్సత్తువ, నిర్లిప్తత, అనాసక్తత, బోరడమ్ నిండిన జీవితాల్ని

సమూలంగా మార్చివేసే ఈతరం యువతరం పుస్తకం)

ఈ పుస్తకం మిస్సయితే జీవితంలో ఎంతో కోల్పోతారు

మీ జీవితాన్ని సంపూర్ణంగా మార్చివేసి, మీ వ్యక్తిత్వాన్ని అత్యున్నత శిఖరాలకు కొనిపోయే అద్భుతమైన మాయాదండం ఈ పుస్తకం. ఈ మాయాదండం మీ చేతిలో వుంటే మిమ్మల్ని మీరే పోల్చుకోలేనంతగా మారిపోతారు.

కొత్తగా అమ్మాయిలను ఎలా పరిచయం చేసుకోవాలి? అమ్మాయిల మీతో పరిచయానికి, స్నేహానికి తహతహలాడాలంటే ఏం చేయాలి? అమ్మాయిలను మొదటిసారి పరిచయం చేసుకొనేటప్పుడు ఏం మాట్లాడాలి? అమ్మాయిల ముందుగా మీతో మాట్లాడాలంటే ఏం చేయాలి? అమ్మాయిలను ఎక్కడెక్కడ కలుసుకోవచ్చు? లాంటి విషయాల దగ్గరినుండి అమ్మాయిలతో ఎన్నిరకాలుగా రొమాన్స్ ఎంజాయ్ చేయొచ్చు? ఆ రిలేషన్ షిప్ ని ఓ పదికాలాలపాటు ఎలా నిలుపుకోవాలి లాంటి విషయాల వరకు సంపూర్ణంగా విడమర్చి చెప్పిన పుస్తకం. ఇప్పటివరకు అత్యంత రహస్యంగా వుంచబడ్డ వేలాది రొమాంటిక్ రహస్యాలు, సెక్స్ టెక్నిక్ లు ఈ పుస్తకంలో వివరించబడ్డాయి. ఈ పుస్తకం మీ జీవిత గమనాన్నే మార్చివేస్తుంది.

సెక్స్ సామర్థ్యము పెంచుకొనే వివిధ టెక్నిక్ లు, పురుషాంగం పరిమాణాన్ని పెంచే ఎక్సర్ సైజులు, పురుషాంగపు పొడవును పెంచే ఎక్సర్ సైజులు, ఎక్కువసేపు సెక్స్ చేయడానికి సైంటిఫిక్ పద్ధతులు, ప్రపంచ వ్యాప్తంగా ఉపయోగిస్తున్న వందలాది ప్రేరేపణ పద్ధతులు, 150కి పైగా ప్రపంచప్రసిద్ధి చెందిన రచిభంగిమలు ఇంకా ఇలాంటివన్నీ ఎన్నెన్నో అద్భుత విషయాలు ఇందులో చర్చించబడ్డాయి. నిజంగా స్త్రీ పురుషుల రిలేషన్ షిప్ లో ఓ కొత్త డైమెన్షన్ ను ఎష్టాబ్లిష్ చేసే పుస్తకం ఇది.

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ఈ పుస్తకం కావల్సిన వారు కార్పొరేట్ మీ ఛారునామా రౌన్డ్ పోస్టుచేయండి. ఐ.సి.పి. డిస్కం ఫంక్షన్ షన్. పోస్టుమేన్ కు రూ.125/- చెల్లింబ పుస్తకాన్ని మీ ఇంటివద్దే పొందండి.

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*We're slaves to what we
allow to dominate our lives.*



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it's bound to run smoother.*

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talk to God. He knows you better than anyone.*



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to love and care for.*



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as getting up and trying again.*



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*God grants you peace after y
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*When feel like giving up ,
hold on just a little longer*



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Heaven is full of solutions*



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Compassion takes action.*

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*Truth is always the best policy.
Honesty pays.*

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*You are like a snowflake, unique and exquisitely
beautiful in your own way.*



life of women. Very often people, especially rural folk, are unaware of health care needs of women and children. Their lack of education is a major contributory to their nonreliance on health care facilities.

In India, where the majority of the population is settled in rural areas, the existing health care structure appears top-heavy, with maximum manetary and manpower resources utilised at the tertiary level, i.e. , in the major hospitals with complete diagnostic and therapeutic facilities in metropolises, instead of the primary level.

4. The Causes of Maternal Mortality :

The most common killers of women are haemorrhage and sepsis. Complications like bleeding , obstructed labour, sepsis, eclampsia together with anaemia are responsible for 80% of all maternal deaths in developing countries. A very small percentage of maternal health care institutions have the required safe blood transfusion and drug facilities to combat these diseases, which are totally preventable causes of maternal mortality. The morbidity of pregnancy induced hypertension and eclampsia require basic health checkups which can be performed by minimally qualified paramedical workers, but even these are not detected till it is too late for the patient.

Rupture of uterus in obstructed labour after a previous

uterine surgery and ruptured ectopic pregnancies claim a heavy toll of women

Moderate diagnostic facilities and patient education only are required to treat these conditions at an early stage so as to reduce the subsequent mortality and morbidity.

One of the most horrifying causes of death is the sequelae of criminal abortions, be it infection, haemorrhage, damage to the viscera or shock. Hapless women, hounded by society, unaware of the various alternatives to an illegal abortion, fall prey to unscrupulous quacks who cause untold misery by their interference. The mortality in these conditions is very high but so is the morbidity.

Who with its constitutional charge to 'act as the directing and the coordinating authority in international health work' has had a strong commitment to maternal health from its inception. Research studies in the 80's supported by WHO, drew attention to the high incidence of maternal mortality and serious morbidity with its underlying epidemiology. A Safe Motherhood Conference, in Nairobi, February 1987, led to a new global understanding of the dimension and nature of the problem of maternal mortality and the magnitude of inequality in the health care of Women. The 'Safe Motherhood Initiative' was a global effort to reduce maternal mortality by half, by 2000 AD, safety of girls and Women's health, through health and non-health strategies and thus reduce maternal mortality.

What should we do to ensure safer motherhood ?

In order to ensure a lasting and significant impact on 'maternal mortality and morbidity', it is essential to have an integrated strategy that is directed towards the main elements of maternal health and safe motherhood; namely improvement in the overall status of Women by redressing social inequalities, and improve the availability of health services. This consists of essential health care at all levels, early detection and correction of complications, and timely emergency care.

Probably the single most effective step towards safe motherhood and a reduction in the maternal mortality is education, not just of women, but of men too, to create an awareness of the problem and that something effective can and must be done to solve it. Education provides women with the knowledge & skills to improve their lot, and in so doing, society. Men must be made aware of the importance of good health, mental physical and social, of their daughters, sisters, wives, and its positive spin-off on the quality of their lives

5.0 Key Elements of Maternal Health Programmes:

5.1 Essential care for all pregnant women, includes adequate primary health care at all levels, especially nutrition and immunization.

5.2 Early detection of complications A grass-root-level programme must be installed so that there may be early detection of the various complications of pregnancy with subsequent referral ensure optimum health care to all pregnant women, by trained medical or paramedical persons, during childbirth at home or hospital.

5.3 Emergency care : women at higher risk and above all women in those dire emergencies of pregnancy and childbirth must have effective access to the essential elements of obstetric care. Community based health workers can provide the antenatal care. It is only ethical and right that every possible means should be undertaken to make motherhood safe.

Again, looking into the root cause of maternal mortality, the key areas for concern appears to be embedded in our adverse social, cultural and economics environments, where women suffer discrimination from the womb to the tomb. The female foetus and infants are terminated easily. There is a preferential disregard about the nutrition, education and total health care of the girl child. In a poor family with limited food facilities, it is the man who eats the biggest share, then the male children and then the minimum remaining to the girl child and hardly anything or none at all to the pregnant mother. The order based on requirement is reversed. Unless this unjust situation is put right, one cannot hope for safe motherhood.

6.0 Abortion - Killer of Women :

" I will maintain utmost respect for human life from life from the moment of conception" - the oath taken by every medical person. Vatican II strongly upholds the sanctity of life of life "from the moment of its conception, life must be guarded with greatest care, while abortion and infanticide are unspeakable crimes".

Family Planning is an essential means for achieving safe motherhood, for spacing as well as avoiding " close and many" pregnancies. Natural methods of family planning do not preclude a normal marital life but rather promote mutual understanding, and this has proved to be one example of a positive marital experience. Natural family planning is safe, cheap, effective, easy to use and reversible, fostering conjugal harmony, if the couples have the right motivation.

The medical profession in India is in the grip of a severe crisis of medical ethics. 27.2% of all qualified medical doctors work in rural areas where over 70% of the people reside, and where maximum care to the emergency needs of the mothers is needed. Over 80% of the doctors in our country work in the private sector (again, largely in urban areas), where 50% of hospitals and 30% of hospital beds are to be found. these services are expensive. The bulk of the population thus find themselves out-off from any medical care whatsoever, leave alone quality care.

Again, there is an absence of a framework defining quality control for the sector. As such varied standards prevail. The

SAFE MOTHERHOOD & MATERNAL HEALTH

"Health for all by 2000 AD" was the goal of the Alma Ata declaration by the World Health Assembly in 1978, and maternal health was identified as one of the key elements of a primary health care programme.

Maternal health is the corner stone of any family, and by consequence, of Society. The health of a pregnant Woman and the circumstances of her delivery directly affect the health of the new born. A healthy mother begets a healthy child. Out of safe mother hood, all safety flows - that of infants, siblings, the family, and society. Not least in importance is the safety of the women themselves. Saving women's lives is a practical goal as well as a humanitarian one.

The stumbling block to achieving safe motherhood is the alarming rate of maternal mortality. 500,000 woman die each year during pregnancy and child birth, leaving behind at least one million motherless children . 99% of these deaths occur in the third world. In the developed world, there are only 6 - 30 maternal deaths for every 100,000 live births while elsewhere, the figure ranges from 300 -1000+.

మగర్ వ్యాధిగ్రస్తులకు స్పీట్ న్యూస్

పాంక్రియాస్‌లోని బాటాసెల్స్ లేక ఇలెట్స్ ఆఫ్ లాంగర్‌హాన్స్ క్రమంగా చెడిపోయి ఇన్సులిన్‌ను ఉత్పత్తిచేయడం మానివేస్తాయి. అందువలన మగర్ వ్యాధి క్రమంగా పెరుగుతుంది. ముందు 1/2 టాబ్లెట్ తో ట్రీట్ మెంట్ ప్రారంభమై, 3 నుండి 6 టాబ్లెట్లదాకా చేరుతుంది. చివరికి ఇన్సులిన్ ఇంజక్షన్లు వాడాలి. ఇది రోగం బాగా ముదిరిన పరిస్థితి. పైగా ఎన్నో సైడ్ ఎఫెక్ట్స్! రియాక్షన్స్!! ఆఫ్టర్ ఎఫెక్ట్స్!!!

మగర్ వ్యాధిరోగులకు అద్భుతంగా పనిచేసే అమూల్యమైన మూలికలు, ఓషధులతో తయారుచేయబడిన మందు. సైడ్ ఎఫెక్ట్స్ గాని, రియాక్షన్స్ గాని ఉండవు. మందు వాడిన రోగులలో మగర్ వ్యాధి పూర్తిగా నియంత్రించబడినది. రక్తములో ఫాస్టింగ్ మగర్, పి.పి. మగర్ స్థాయి, మూత్రంలో మగర్ స్థాయి గణనీయంగా తగ్గినది. మగర్ స్థాయి తగ్గడమే కాకుండా మందు ఆపివేసిన తర్వాత కూడా మగర్ నిలకడగా ఉంది. మగర్ ను నియంత్రించే స్వభావం రోగుల శరీరంలో బాగా పెరిగింది. ఈ మందువాడిన అతిమూత్రం, మధుమేహం తగ్గిపోవును. ఒళ్ళు నొప్పులు, కీళ్ళనొప్పులు, కండరాల నొప్పులు, చురుకులు తగ్గిపోవును. అనేకమంది వాడి అద్భుత ఫలితాలు పొంది సంతోషకరమైన జీవితాన్ని గడుపుతున్నారు! మీరుకూడా స్వయంగా మందు వాడి ఈ విషయాలను గమనించండి!!

మేము ఇన్సులిన్ ఉపయోగించే రోగులచే మా మందులు వాడించి, వారికి ఇన్సులిన్ తగ్గిస్తూ కొన్ని నెలలలో వ్యాధిని కంట్రోలులోకి వచ్చేటట్లు చేశాము. అలాగే అనేకమంది రోగులు ఆనలు టాబ్లెట్లుమాని, మా మందు వాడిన తరువాత నార్మల్ కి వచ్చింది. కొందరిలో మా మందు వాడటం నిలిపివేసిన తరువాత ఒక సంవత్సరము పైగా మగర్ స్థాయి నార్మల్ గా ఉంది. దీనిని బట్టి మా మందు వాడినప్పుడు చెడిపోయిన బీటాసెల్స్ తిరిగి పనిచేయటం ప్రారంభించినట్లెదా? అంటే మా మందు మగర్ వ్యాధిని నయం చేయడమే కదా!! ఈ ఫలితాలు మా మందు యొక్క అద్భుత విజయం! మరి ఇక ఆసల్య మెందుకు? మగర్ వ్యాధినుండి విముక్తి పొందండి!! సంప్రదించండి!

సంప్రదించు వేళలు : ఉ.11గం.నుండి సా. 7గం వరకు

డివైన్ హెల్త్ సెంటర్

డబి అయిల్ మిల్ రోడ్, సూర్యాపాపుపేట, విజయవాడ-2

technical competence of doctors is a major ethical problem of the profession in India today. Commercialisation is undermining medical ethics, especially in obstetric practice, with unnecessary surgery and interventions for monetary or other selfish motives.

7.0 Conclusion :

Safe motherhood, for every Woman in our country, is a Herculean task. The majority of the causes of maternal mortality and morbidity are preventable. Likewise, optimum maternal health is achievable and affordable, in spite of the economic constraints, through proper channelling of the available resources.

Hence, the urgent need for us today is to create an awareness of the gravity of the problem and the need to make motherhood safe while safeguarding the health of her infant, family and the society as a whole.

Thus with determined and organised efforts on the part of government, health planners, the medical profession and community to provide efficient and effective care to the pregnant woman, the goal of 'Health for all Mothers by 2000 ad'. May to a great extent be achieved and 'safe motherhood' be made a reality!

- Dr. Sr. T. Lillian

MRCOG, DA FRCOG

Prof. - Obstetrics & Gynaecology,

St. John's Medical College, Bangalore.

EYE DONATION WHY, WHERE, AND HOW

Eye sight is a precious gift of nature, but most of us don't seem to realise its importance until it is lost. So it is hard for a person with normal eyesight to even imagine living without it. Therefore, it is pertinent for us to ask : Can something be done for the less fortunate - those deprived of eye sight ?

It is a general belief, nay a popular misconception, that no treatment is possible once eyesight is lost. But this is not entirely true, as treatment is possible in some cases. Persons who gone blind because of corneal diseases can regain sight with an operation called corneal transplantation.

Cornea is the clear transparent front portion of the eyeball which covers the black portion as iris. Corneal transplantation involves removal of the diseased cornea from the patient's eye, and its replacement by a normal cornea. Such a cornea is taken out of a donated eye, removed from the body of a dead donor.

Who are the persons who can benefit from eye donation? People who are born with hazy corneas, people with corneas that have become opaque to infection, injury, chemical burns, or some intra-ocular operation. People whose corneas have turned opaque due to degeneration or dystrophy could also regain their eyesight after corneal transplantation.

Naturally, it occurs to us that if these people can be treated with corneal transplantation, why should the number of people

affected by corneal blindness in our country be sclarge. This is because of three reasons : first, shortage of trained of trained surgeons who canperform this operation; next, lack of awarness amongst these people that blindness can be treated and as a consequence, they do not seek treatment ; and lastly, there do is a shortage of 'donor' eyes.

About 2.6 million people suffer from corneal blindness in our country, while the number of 'donor' eyes available is dismally low. At present, about 4,500 corneal transplant operations are performed every year; contrast this with the 30,000 new cases of corneal blindness that are added on each year, and we have some idea of the magnitude of the problem. It also amply illustrates that unless more and more people come forward to donate their eyes, we will never their eyes, we will never be able to eradicate or even controlcorneal blindness.

Major obstacles to people donating eyes in our country are: lack of awareness and motivation in the people for such a noble cause, superstitious belife that aperson who donates his eyes will be blind in the next birth, fear of disfigurement of the dead body, and imortantly, inadequate efforts made by eye banks and voluntary health organisations to educate and persuade persons to donate their eyes. Gujarat is the only state in India which has eye donors in abundance. The state also partially meets the requirement of 'donor' eyes from other states. This is probably due to more public awareness among the people , and efforts made by organisations like the India Red Cross to motivate people to donate their eyes. There is no reason why similar efforts cannot be undertaken in other regions of the country. Explaining to the

people what an eye donation is, how they too can donate their eyes, and what this would mean to those suffering from corneal blindness, and who will receive this valuable gift, would contribute substantially to increasing eye donations.

who can donate eyes? Anybody. Irrespective of whether they are newborn, Young or old, whether they have good vision or not, or whether they are suffering from some systemic disease. While it is true that all donated eyes may not be used for corneal transplantation, no eye goes waste. Eye which after evaluation are found unsuitable for transplantation for one reason or the other, are extremely useful for research.

Most people do not know how to donate their eyes. It is indeed very simple. Various agencies have established about 147 eye banks in different parts of the country. An eye bank is a place where the donated eyes are processed, evaluated, stored, and sent to surgeons who need them for corneal transplantation. whenever someone wishes to donate his or her eyes, that person has to contact the nearest eye bank and sign an eye donation form pledging to donate his eyes after death. That person is issued a donor card, and he or she should communicate this decision to family members, friends, and the family physician.

Upon death, it is the duty of the family members to inform the eye bank immediately. The eyes bank person should be closed, and preferably, ice cubes wrapped in a piece of cloth placed over the eye lids. The eyes have to be removed within six hours of death. A team of doctor and technician immediately reaches the spot, and after examining the death certificate and taking consent

from the next of kin, prepare for the removal of the eyes. The eyes are removed using aseptic techniques and in the presence of family members, if they so desire, taking care to cause minimal damage to adjacent tissues. artificial eyes are kept in place of the removed eyes so there is no disfigurement. The whole procedure takes less than half an hour.

Eyes are then kept in clear, sterile bottles. These are then kept in an icebox and transported to the eye bank. In the eye bank, eyes can be stored at 4°C for 48 hours. However, with the availability of corneal preservation solutions, corneas once removed can be stored for up to two weeks before they are transplanted.

The need of the hour is for everyone to understand and realise the importance of eye donation, and how this gift of sight that most of us can give, will transform the world of two people who will receive our eyes. There can be no greater service to humanity ! Important points to remember about eye donation :

- * Anybody can donate his/her eyes irrespective of age or eyesight.
- * Eyes can only be removed from a dead body.
- * Complete confidentiality is maintained about the donor and the recipient
- * Eyes cannot be sold or purchased.
- * No disfigurement is caused to the dead body.
- * Eyes have to be removed within six hours of death.
- * No eye goes waste.

- Dr. Aashish Kumar Bansal
Hyderabad.

Prevention of HIV Transmission & Aids

1 Univarsal Work Precautions :

To minimise risk of **Human Immuno Deficiency Virus (HIV) & Hepatatis B Virus (HBV) transmissions** all health care Workers (HCW' S) must daopt the following blood & body fluid percautions :

- A). Minimise splashing or the formation of droplets or aerosols
- B). Avoid accidental Wounds from sharp instruments contaminated with potentially infectious material ; avoid contact of open skin lesions with infectious materials.
- C). Wear laboratory coats / gowns (masks & protective eye shields if required) while Working With potentially infectious materials; these should be discarded appropriately before leaving the work place
- D). Wear gloves While handling blood specimens, blood soiled - items / fluids, excretions, secretions, surface materials, & objects exposed to them.
- E). Do not touch your eyes, nose, mouth or skin With glove hands Do not Walk a round the work place wearing

gloves.

- F). Wash hands after removing gowns / coats, gloves also should be washed thoroughly & immediately if contaminated with blood.
- G). If gloves are not available use towels or gauze soaked in sodium hypochlorite solution may be used to hold blood stained material or needles.
- H). Label blood & other specimens suitably. Clean the outside of the container if contaminated With blood.
- I). Place all blood specimens in a leak proof impervious box for transportation to the laboratory.
- J). Use Mechanical pipetting devices for the manipulation of all liquids in the laboratory. Mouth pipetting should not be done.

Cotton wool plugged pipetting, reduce the possibility of contaminating the pipetting aid.

Air should never be blown through a liquid containing infecting agent.

A discard pan for pipettes filled with water or suitable disinfectant (e.g. 1% sodium hypochlorite) should be kept at

hand. Contaminated pipettes should be completely immersed in this pan.

- K). Cover all blood or body fluid spills with cloth dusters or big gauze pieces, soaked with hypochlorite. Using gloves, the soaked duster can be discarded & the area further washed clean with 1% hypochlorite.
- L). Decontaminate all laboratory work surface with (sodium hypochlorite solution) on completion of work activities at the day.
- M). Use sterile / disposable syringes & needles. Autoclaving is an effective way to achieve sterilization.
- N). Prevent needle - stick injuries. Needles should be discarded in a puncture - resistant container immediately after

- Dr. C.M. Francis

HEALTH AMONG ALL OF US

Health is not everything. But without health, everything is nothing". Tragically, many of us only wake up to the importance of good health, once it is gone. Once the lung cancer has been diagnosed, then we expect the surgeon's knife to cure us. Once the heart attack has hit us... and we survived it... then we expect the miracles of modern medicine to restore us.

But all too often, health is not for sale. It is not some thing you purchase. Health is some thing what we do.

The advances in technological medicine over last 30 years have been spectacular: Microsurgery. Kidney dialysis, Implantable insulin pumps, balloon heart transplants, coronary bypass surgery, gene splitting and pharmaceutical inventions to remedy everything from headache to depression, from hair loss to typer activity ! Our genius for biomedicine and biotechnology promises even greater miracles around the corner... creating the bionic man and woman.

And yet, We are becoming increasingly aware of the limitations of "high tech" medicine when it comes to dealing with the fastest growing diseases i.e the degenerative diseases.

Modern medicine is virtually important in dealing with coronary heart disease, stroke, hypertension, diabetes, cancer and obesity. These emerging killer diseases are not easily tamed by drugs and surgery, if at all. These modern killer diseases are culturally conditioned and largely self induced. We create them ourselves by the way we live, particularly by the way we eat, drink, smoke, and exercise. The scientific data is saying more clearly everyday: "once

good sanitation and hygiene is assured, it is what we do, hour by hour, day by day, that largely determines the state of our health, whether we get sick, the disease we get, and perhaps even when we shall die”.

In affluent societies our health is not so much determined by the doctor's intellect on training or the size of the hospital but largely by our individual life styles, our physiological inheritance and our physical environment.

Good health is not just “absence of disease” but a positive sense of well being - physically, mentally and emotionally - with optimum energy and function. Such health is largely the result of what we are willing to do for our selves and how to choose to live, especially in the matter of eating, drinking, smoking, and exercise.

OVER WEIGHT - A SERIOUS PROBLEM

Overweight is becoming an ever enlarging concern of affluent Indian society. Those in excess of 20% above their ideal weight are at serious medical risk. Their chances of having heart disease is three times greater than those of people of normal weight. They are five times more likely to develop diabetes, five times more likely to have higher than average cholesterol, six times more likely (especially women) to develop gall bladder disease. And they are more likely to develop cancer of the colon, rectum, prostate, breast, cervix, uterus and ovaries and to develop osteoarthritis and low back pain. To put it mildly, being twenty percent or more overweight is not healthy. Moreover our self image may also suffer. Obesity can be a great psychological burden.

Over weight occurs when food calories exceed the energy requirement of the body for physical activity and metabolism. We "burn up" food to produce heat and perform muscular activities. Weight stays the same if we completely utilize all our food for fuel & maintenance. But excess calories are stored as fat (triglycerides). It makes no difference whether they come from sugar, protein, starch, or fat. If the calories are not used, they will be deposited in our "fat bank".

If you cut your food intake by only 500 calories a day for seven days, at the end of the week you will have lost one pound of fat ! To effect such a negative energy balance, where you burn more calories than you take in you have three options.

- Option 1: Decrease food calories : maintain activity level.
- Option 2: Maintain food calories : Increase activity level.
- Option 3: Decrease food calories : Increase activity level.

The most effective option is item 3. Which gives you a win - win situation. You take in fewer calories and burn more through exercise.

But the suggestable way to increase the amount of food we eat while decreasing calories! You can eat all you like of the right kind of nutritious foods, and still lose 1-2 pounds a week especially if you put your best foot forward and walk atleast 30 minutes every day.

How to eat more and weigh less

1. Let diets die ! Eat for health, and let the pounds take care of themselves.

Murthy's HEALTH & MEDICAL DIRECTORY

2. Eat more natural foods, simply prepared !

- Freely use whole grain products, even pasta
 - Freely use tubers and legumes like potatoes yams, squash, beans
 - Freely use fresh fruits and vegetables (with low - calorie dressings)
 - Eat a substantial breakfast daily - idlies with chutney (Just keep the ghee off!) This will curb your appetite for hours, stabilize your blood sugar, emotion and nerves.
3. Avoid refined, processed food and snacks high in fat and sugar.
4. If you use animal products, use them sparingly, more like a condiment!
5. Drink plenty of water, 6 to 8 glasses a day. Try herb teas or just water. Keep the sweet carbonated drinks for special occasions.
6. Walk briskly every day. Begin with 5 to 10 minutes at a time and progress until you can do at least 30 minutes without fatigue.
7. Picture yourself successful : tie into supportive and spiritual resources.
8. Beware of weak moments :
- If one cookie leads to ten, don't eat the first one.
 - Don't buy problem foods. If they are not around, you won't eat them.
 - If you are bored, frustrated or lonely, don't snack; go for a walk, drink a glass of water, call a supportive friend, or "feast" as natural foods like chilled grapes, melon or some juicy carrot sticks.

**FAT CONTENT OF SELECTED ANIMAL
PRODUCTS**

Animal Product / Other Foods	Fat Content (% of total calories)
Steak	65 - 80
Lamb	75
Ham	80
Bacon	85
Hot dog	85
Whole milk	50
Cheeses Processed	60-85
Cream : Cheese	90
Cheese : Cottage	36
Beef, Pork	65-83
Ice Cream	55
Chicken	15-40
Fish	15-40
Vegetables	1-5
Fruits	1-5
Tubers	1-10
Legumes	5-10
Grains	5-15
Skimmed Milk	2
Soya been	40
Meat Analogs	50-80
Chocolate Candy	50-60
Nuts	75-90

Sugar Content of Selected Food Itemd :

Food	Size/Position	Tea Spoons of Sugar
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Cola Drinks, Soft Drinks	120Z	8-11
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Jams

Marinalade Jams	2 tbsp	10
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Candies

Hard Candy	40Z	20
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Chocolate Milk bar	30Z	5
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Fudge	20Z	9
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Fruit anc Canned Juices

Raisins	1/2 Cup	4
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Fruit cock Tail (Commercial)	1/2 Cup	10
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Orange Juice (Un Sweetened)	1 Cup	4
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Grape Juice (Commercial)	1 Cup	7
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Breads, Cakes,Cookies

Hamburger Bun	1	3
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Chocolate Cake	1 (80 Z)	15
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Chocolate Cookies	4	6
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Donut (glazed)	1	6
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Dairy Products

Ice Cream	1 Cup	6-8
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Ice Cream Cone, empty	1 triple	10
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Chocolate milk	1 cup	8
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Pies and Paddings

Jelly	1 cup	9
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Pies andCakes	1 slice	9
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Puddings . Chocolate	1 cup	8 - 10
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HEIGHT & WEIGHT

A Simple formula to determine your "ideal" weight

Men : Height in inches x 3.5 pounds minus 108

Women : Height in inches x 4.0 pounds minus 128

(Large - boned adults add 8 percent : small boned adults subtract 4 percent)

Ideal Weights according to Frame

Men of age 25 years and older

Height (without shoes)	Weight in LBS		
	Small	Medium	Large
5' 2"	115-123	121-23	129-144
5' 4"	121-129	127-139	135-152
5' 6"	128-137	134-147	142-161
5' 8"	136-145	142-156	151-170
5' 10"	144-154	150-165	159-179
6' 0"	152-162	158-175	168-189
6' 2"	160-171	167-185	178-199
6' 4"	168-179	177-195	187-209
4' 10"	96-104	101-113	109-125
5' 0"	102-110	107-119	115-131
5' 2"	108-116	113-126	121-138
5' 4"	114-123	120-135	129-146
5' 6"	122-131	128-143	137-154
5' 8"	130-140	136-151	145-163
5' 10"	138-148	144-159	153-173

COMMON MEASUREMENT EQUIVALENTS

1 Table Spoon (tbsp)	-	3 tea spoons (tsp.)
1/8 cup (1 fluid ounce)	-	2 table spoons
1/4 cup	-	4 table spoons
1/3 cup	-	5 1/3 table spoons
1/2 cup	-	10 2/3 table spoons
2/3 cup	-	12 table spoons
1 cup (8 fluid ounces)	-	16 table spoons
1 pint	-	2 cups
1 quart	-	2 pint (4 cups)
1 gallon	-	4 quarts
1 pound	-	16 ounces
1 kilogram	-	2.2 pounds
1 litre	-	1 quart
1 ounce	-	20 grams

CHOLESTEROL - The big one

Cholesterol - is both the hero and the villain. While we cannot live without it, in excessive amounts it becomes serious threat and often an outright killer.

The cholesterol level is the single most important factor in determining one's risk of developing cardiovascular disease. A person with a blood cholesterol level of 260mg% is four times more likely to have a fatal heart attack than a person with 200mg% or less. In other words an increase of 60 points in one's blood cholesterol level increases the risk of dying of heart disease by 400 percent! This does not mean that a blood cholesterol level of 200 mg% is healthy. It is not.

The ideal blood cholesterol level is not to exceed 160 mg%. Anything above 160mg% carries risks. Risk of coronary heart disease with respect in cholesterol levels.

Risk	Blood levels (mg%.) for cholesterol
Ideal	160
Elevated	161-180
High	181-220
Very High	221-260
Dangerous	above 260

If we lower the cholesterol level to below 150 mg% we would probably wipe out heart disease.

CHOLESTEROL CONTROL

Cholesterol is found only in foods of animal origin, such as meat, fish, poultry, eggs and dairy items. The highest concentration exists in internal organs, egg yolk and shell fish. Plant products do not contain any cholesterol. The amount of cholesterol in breads, desserts and combination foods depends upon the amount of milk, eggs and dairy products used in the recipe. In addition to containing cholesterol, foods of animal origin are also high in saturated fats, as are palm and coconut oil, which eminently raise the body's cholesterol production by the liver.

It is recommended that we choose a diet low in total fat. Saturated fat, especially, should be avoided. Cholesterol intake recommendations should be consistent with the level of serum cholesterol levels in our blood. To accomplish these ideal levels of serum cholesterol, it is important to keep the dietary cholesterol intake ideally below 100 mg/day.

CHOLESTEROL CONTENT OF SELECTED FOODS (IN mg)
MEAT AND POULTRY

Beef, Park, Chicken	-	5 OZ	-	135
Liver	-	3 OZ	-	370

Fish And Seafood

Crabs, Lobsters, shrimp-		1 cup	-	120
salmon	-	5 OZ	-	80
Sandines	-	5 OZ	-	80

Eggs

Egg	-	1	-	250
Egg White	-	1	-	0

Dairy Products

Skimmed Milk & Whole

Milk	-	1 Cup	-	5
Whole Milk	-	1 Cup	-	34
condensed milk	-	1 Cup	-	14
Ice creams	-	1 Cup	-	110
Cottage cheese	-	1 Cup	-	20

Desserts

Custard, Baked	-	1 Cup	-	280
Sponge Cake	-	1 slice	-	165

Fats, Oils, Spreads

Bacon	-	4 Sl.	-	80
Ghee	-	1 tbsp.	-	45
Butter	-	1 tbsp.	-	35
Mayonnaise	-	1 tbsp.	-	10

How to Lower Your Blood Cholesterol

1. **Severely Limit Cholesterol** : Avoid all animal products such as meat, Sausages, egg yolks, liver, dairy products (unless they are low or non-fat products) if you use fish and fowl. Use them sparingly.
2. **Substantially reduce all saturated fats** : Avoid saturated fats, which are mainly found in animal products, (such as meats & Ghee) and in palm and coconut oil.
3. **Get down to your ideal weight** : Avoid highly refined, empty calorie foods, low in fiber. This includes the refined fats and oils, sugar and alcohol. Use nuts only sparingly.
4. **Eat plenty of unrefined starchy foods, fresh fruits and vegetables** : Eat all you want of the unrefined whole grain products, of legumes and of fresh vegetables and fruits. And enjoy those potatoes, yams and sweet potatoes! these foods not only satisfy, but are also rich in fiber.
5. **Walk daily** : A regular exercise program can further help in lowering your blood cholesterol some what. At the same time it may improve your HDL portion your cholesterol which appears protective.
6. **See your physician** : Your Physician is in a position to rule out any unusual causes of high cholesterol levels. Your physician can prescribe cholesterol lowering drugs, if the life style approach needs to be complemented. But remember : The safest way to reduce your blood cholesterol is through dietary means.

ATHEROSCLEROSIS : The silent killer

Kindergarten we learn that pain is a warning that something is wrong in our body, and we grow up heeding these warnings. Unfortunately, the first sign that something is wrong with our arteries is often sudden death. The trouble usually begins in childhood, and it usually develops slowly over the years, sometimes taking fifty years to make itself known, sometimes less !

The trouble is atherosclerosis, hardening of the arteries, the underlying cause of most cardiovascular disease.

You were born with clean, flexible arteries, and they should stay that way until you die of that rare disease called old age. However, the arteries in many affluent Indians are clogging up with cholesterol, fats and calcium a concoction that hardens in time and finally chokes arteries completely. Deprived of oxygenated blood, the heart has an attack, the brain has a stroke and the victim has a bypass, or physical therapy or all too often, there is no warning !

The storage of oxygen (hypoxia) due to atherosclerosis is the cause of various hypoxic diseases affecting the circulatory system in different critical areas.

Angina Pectoris :

The flow of oxygenated blood to the heart muscle itself is impeded or temporarily blocked, causing pain in the chest, in the left arm or between the shoulder blades.

Myocardial Infarction :

A part of the heart muscle becomes starved for oxygen and dies.

Intermittent claudication : Restricted flow of oxygenated blood to the leg muscles causes acute pain and cramps, until the person stops his activity and the blood begins to flow again through the narrowed femoral arteries.

Gangrene : Body tissue, usually in the toes and feet, decays and dies due to lack of blood usually necessitating amputation.

Impotence : The inability to deliver adequate blood to the organ on demand and on sustained basis. In 50 to 60 percent of the cases, atherosclerosis is underlying cause.

Hypertension : Greater force is necessary to push blood through narrowed vessels to supply body oxygen needs, hence high blood pressure.

Cerebral Infraction (stroke) : Brittle, narrowed arteries in or leading to the brain rupture or plug up, causing paralysis or sudden death.

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Senility :	An inadequate supply of oxygen to vital brain tissue is believed to cause this debilitating disorder in 40 to 50 percent of the cases.
Hearing Loss :	Loss of hearing, especially in the high frequency range, may be caused by atherosclerosis.
Visual Loss :	Tunnel vision and retinal detachment are processes associated with inadequate blood flow.
Cancer :	Some of the common cancers may be related to inadequate oxygenation of vital tissues due to atherosclerosis. It is intriguing that cancers of the breast, prostate and colon are mainly found in societies afflicted with cardiovascular disease.

The disease usually begins to develop in the pre-teen years in our society, and most attacks occur before the age of sixty - five. Every year hundreds of thousands of people die of heart attacks and other hypoxic diseases without a murmur of protest from the public, the press, or government agencies. Such a rash killings by any other means would mobilize the country ! Atherosclerosis is not a natural ! way to go ; it is not the inevitable result of the aging process. Large population in the world are unaffected by it. It is those of us who consume

large amounts of cholesterol and excessive fats, especially animal fats, that are targets for the "silent killer".

Atherosclerosis, once thought to be a degenerative disorder, is a progressive narrowing of the arteries throughout the body, which is fed by rich diets, high in cholesterol and fats and aggravated by smoking and high blood pressure. Cholesterol, fats and other materials accumulate in the arterial wall forming plaques, which in due time can disrupt and interrupt vital blood flow.

Atherosclerotic Sites

Atherosclerotic plaques most commonly involve the coronary, carotid and cerebral arteries affecting blood flow and oxygen delivery to the heart muscle and to brain structures. Plaques can also interfere with proper bloodflow to the kidneys and the legs by affecting the renal and femoral arteries.

SOLUTION

Ultimate solutions will not be found in the present medical care system or in ministrations of doctors during and after on attack. Only you can slow down the atherosclerosis process, stop it and reverse its effects! In addition a most recent study demonstrated that heart disease patients with significant arterial narrowing were able to reverse their atherosclerosis. As their average blood cholesterol levels had dropped 40%, their narrowed arteries had widened by 15% at the end of the one year intervention project. HOW did they do it ? They cut way back on their fat intake, followed a vegetarian diet with lots of pulses., Unrefined cereals, fresh fruits, vegetables and practiced yoga.

DIABETES : Disease of affluence

Diabetes occurs when the body becomes unable to handle glucose (sugar), and it piles up to dangerous levels in the blood. This can lead to

Blindness

Diabetes is the leading cause of new blindness

Kidney Damage

Diabetes increases the risk of serious kidney damage by 18 times.

Atheroscleroses
(Heart Attack)

Diabetes doubles the risk of heart disease and stroke, Promotes impotence, hearing impairment and is a major cause of foot and leg amputation (gangrene)

Diabetes is almost exclusively found in affluent societies and the affluent class of developing countries.

Cause of Diabetes

Insulin, a pancreatic hormone, a kind of chemical messenger enables glucose or blood sugar to enter the cells of the body where it can do some good. Without insulin, or if the insulin is unable to perform its job, the cells can not get at the needed glucose. The cells then starve while the glucose piles up in the blood, spills over into the urine and the person

becomes diabetic. This then can cause fatigue, lethargy, confusion, coma and sometimes death.

But why are cells starving amidst plenty ? what hinders the insulin from doing its vital job of opening the cellular doors", so that the glucose fuel can enter and nourish the cells ?

The problem in adult onset diabetes is usually not a defective pancreas, at least not initially, but a cellular insensitivity and resistance that relates to obesity and especially to an excessive fat intake. Recent studies show that fat can make cells less sensitive to the insulin, so that the glucose in the blood stream builds up.

Conversely, a low fat more natural diet (and the resultant weight loss). Will cause the cells to be more responsive to insulin, so that the waiting glucose can be accepted into the cell and used as it was meant to be "on a very low fat diet the endogenous insulin (the insulin produced by the patient's own body) begins to exert its curative effect within days, and most patients can be stabilized on such a diet plan alone, and some patients are totally cured". Besides, "Ninety- five percent of adult-onset diabetics on oral drugs could be off such drugs in less than eight weeks, and 50 to 75 percent could normalize their blood sugar and get off all insulin within weeks"

Recommendation

At this point in history, the type II adult onset diabetic clearly has a choice : Continued diabetes, insulin injections, oral drugs with their side effects, and continued dependence on the medical systems - or, freedom from disease and drugs

through the incorporation of a daily walking program and a healthy, simplified diet, which will also facilitate in weight control.

How to beat Diabetes

1. Eat more natural fiber - rich foods, simply prepared low in fats and grease and sugar. Freely use whole grain products, potatoes and pulses, salads and vegetables, and eat a substantial breakfast daily - to curb your appetite for hours and stabilize your blood sugar.
2. Use fresh whole fruits, but not more than three servings a day.
3. Avoid refined and processed foods that are usually high in fat and sugar. Leave jaggery and sweet drinks alone.
4. Avoid fats, oils and grease. If you use animal products, use them lean and very sparingly, more like a condiments and watch the fats and the ghee
5. Walk briskly daily. Two 30 minute walks everyday are ideal to help burn up the sugar in your blood.
6. Work with a physician experienced in the effects of dietary therapy to monitor and adjust your drug needs.

Hypertension : The misunderstood disease

Hypertension has nothing to do with nerves, although it is nerve - racking. It does not mean "hyper" or tense. Hypertension is simply another word for high Blood Pressure and it can kill you".

People with high blood pressure are three times more likely to have a heart attack, five times more likely to suffer a stroke than are people with normal blood pressure. Hypertension is not a respecter of age, creed or colour but it is more common among people over 40. While hypertension is uncommon in 80% of the world's population, it is commonly found in affluent society.

What it is

It takes a certain amount of pressure to push two ounces of fresh, oxygenated blood per heart beat through the 100,000 kilometers of blood vessels in your body. Each time your heart contracts (about once every second), blood pressure (BP) in our arteries increases. Each time your heart relaxes between contractions, the pressure decreases. So, you have two blood pressure measurements, the higher (Systolic BP) during contraction and the "lower" (diastolic BP) between contractions.

When you are born, the walls of your arteries are flexible, elastic and muscular. They can easily handle the ebb and flow of normal blood pressure. Young children start the day with blood pressure of 80/40 or 90/50. In many populations that youthful pressure seldom goes above 110/70 even in people who are over 70 themselves.

The national Institution of Health of the U.S. define hypertension as any systolic pressure at or above 140 and any diastolic pressure at or above 90. And every ten points above a systolic pressure of 140 increases the risk of heart disease or stroke by thirty per cent.

Generally Speaking, the lower your blood pressure the better of you are

What cause it

Between five and ten percent of hypertension is caused by kidney disease, atherosclerosis in the kidney arteries overactive adrenal glands or adrenal gland tumors. But in at least ninety percent of the cases the precise cause is obscure, and patients are said to have essential hypertension.

There are four very definite and understandable contributing factors :

1. Salt : Salt (actually sodium chloride) is absolutely vital to life, we need only 500 mg (1/10 tea spoon) a day to stay in good health. by the time we are adults, many people are consuming 10 to 20 grams of salt a day, twenty to forty times amount we need and about 10 times more than our kidneys are designed to handle!

If we could cut our salt intake to 5 grams a day (one tea spoonful) we could solve one of our biggest health problems.

2. Arterial Plaque : There is a war going on in us now. Plaque has infiltrated our blood supply lines, fat and cholesterol have become attached to the walls of our arteries and begun to harden. As the plaque build up restricting the free flow of blood through the arteries our blood pressure goes up in trying to get food to the body. Blood pressure is always trying to help us, but if the "lines" get too narrow and the pressure gets too high we could lose the war. Getting the too narrow and the pressure gets too high we could lose the war. Getting

the excess fat and cholesterol out of our diets and our arteries would be major step towards running the war.

3. Obesity : Over weight also directly contributes to high blood pressure. Fat has to be fed too and every pound of fat requires thousands of extra blood vessels. It takes higher blood pressures to get blood through them. Understandably, obese people are five times more likely to have hypertension. Nearly everyone who is 20 percent or more overweight will eventually experience high blood pressure. It is just a matter of time. Many people have normalized their blood pressure by shedding excess weight.

4. Estrogen : An added danger to women is estrogen, a hormone used in birth control pills estrogen is a salt retainer and will ultimately cause high blood pressure in most women.

But high blood pressure can be stopped. It is not invincible.

What can be done ?

Major studies have shown that patients do not have to stay on drugs for life to control their high blood pressure, if they change their diet. The key for many is to reduce their excess weight and to reduce their salt intake of five grams or less day.

But it is salt, Salt, Salt every where !!!

Though we all recognize that some foods are high in salt like pickles, papads and chips, amazing amounts of salt are hidden in processed foods. You may not recognize the salt because it is often measured by other flavours. Condiments,

such as soy sause and ketchup are full of salt. Almost all commercially canned vegetabes are soup, or salt mines

There are myraids of invisible sources of salt, including food preservatives and floavour enhancers like monosodium glutamate (MSG), baking soda and sodium benzomate ham, sausages, bacon and even vegetarian meat substitutes mode from soyabeans are usually loaded with salt dietary products, especially pasteurised foods and cheese are extremely salty.

Natural foods are low in salt (actually sodium) and high in potassium, which help control blood pressure but processed foods are low pottassium and sky high in salt.

Salt Content of Foods and Condiments

Food / Condiment	Amount	Salt (mg)
French Fries	1 Regular serving	250
Vanilla snake	1	500
Apple Pie	1 Slice	900
Cheese burger (fast food)	1	2000
Ketchup	3 tsp	1100
Soy Sause	2 tsp	5000
salt	1 tsp	5000

What food processing does - hidden salt

Food (natural state)	Salt (mg)
Apple (1 Fresh)	5
Potato (1 fresh, 50Z)	20
Tomato (1 fresh)	35
Milk (1 cup)	300

Food (Commercial Processed)	Salg (mg)
Apple Pie (1 slice)	900
Potato Chips (50 Z bag)	3500
Tomatosause (1/2 cup)	1950
Past cheese (2 slices)	2050

SODIUM CONTENT OF SELECTED FOODS

Food	Size Portion	Sodium (mg)
Milk	1 cup	120
Butter Milk	1 cup	280
Cottage cheese	1/2 cup	470
Pasteurized Cheese	2 slices	800
ham	10 Z	265
Salami	10 Z	300
Veg. luncheon "meats"	10 Z	375
Bacon	3 slices	630
Corn Flakes	1 cup	400
Potato Chips	15-2"	300
Tomato Juice	1 cup	500
Ketchup	3 tbsp	565
Tomato sause	1/2 cup	830
Soy sause	1 tsp	1000
salt	1 tsp	2200

(The daily sodium intake should not exceed 2000mg = 5000 mg of salt)

How to lower your blood pressure

1. Substantially lower salt intake
2. Avoid processed and fast foods high in fat and salt
3. Avoid empty calories such as fats, oils and sugar
4. If you eat animal products like cheese and meat, learn to use them sparingly
5. Lose excess weight, reduce alcohol consumption
6. Eat plenty of natural foods, simply prepared low in fats and salt but usually high in potassium freely use whole grain products potatoes and legumes, Salads and vegetables and don't forget the fruits !
7. Walk briskly daily. Progress to 30 to 60 minutes daily.
8. If you are using blood pressure medications, ask your doctor to help you incorporate diet therapy and appropriate life style changes into your program. Your doctor can give you careful supervisions in adjusting your drug dosage - as you eat and exercise your way out of hypertension.

GOOD SOURCES OF SELECTED NUTRIENTS.

NUTRIENT	GOOD VEGETARIAN SOURCES
Vitamin A	Milk and Milk products. Dark green and yellow Vegetables, such as all green leafy vegetables, beans, yellow pumpkin, Carrots, Tomatoes, Yellow Fruits like Mango, Papaya.
Vitamin B	Whole grain Cereals, Green leafy Vegetables, Milk, Legumes, Potatoes, Peas, Beans, Yeast.

Vitamin C	Fruits : Lemons, Oranges, Grape Fruit, Strawberries. Vegetables : Potatoes, raw cabbage, Tomatoes.
Vitamin D	Direct sun shine, butter.
Iron	Legumes, Whole grain cereals and bread, Green leafy vegetables, Dried fruits like apricots, figs and brown rice.
Calcium	Green leafy Vegetables, whole grain cereals, especially ragi and citrus fruits, skimmed milk and milk products.

FIBER FOODS

Fiber is the indigestible part of vegetables, fruits and grains, Which provides bulk to the food and thus plays a vital part in facilitating proper bowel function. Studies have shown that fiber rich diets help in diabetes in that they stabilize blood sugar levels : they lower blood cholesterol levels and are associated with lower rates of colon cancer, diverticulosis, constipation, hiatus hernia and haemorrhoids. Studies have shown that 80% of haemorrhoidal surgeries could be avoided, if patients would increase their fiber intake.

From where do we get Fiber ?

Almost all the fiber comes from natural, unrefined, unprocessed food such as fruits, vegetables, legumes and whole grain products. Fiber is lost when food is processed and refined as in pasta, rice, bread, maida, which are low in

fiber. Dairy products, eggs and meat have no dietary fiber no matter how tough and fibrous it may appear.

GOOD SOURCES OF FIBER

Fruits	Apples, Bananas, berries, oranges, dried figs, pears, dates, apricots, mealons, mangoes.
Vegetables	Peas, potatoes, sweet potatoes, beetroots, all green leafy vegetables, beans, carrots etc.
Legumes	Dried whole pulses like rajma, whole mung and soyabeans, sprouts.
Grains	Whole wheat, bajra, ragi, jowar oats, corn etc.

FOODS CONTAINING APPROX. 100 CALORIES.

CEREALS	QUANTITY
Rice	1/2 cup
Chapaties	2
Bread	2 slices
Idlies	2
Dosas	2 small (without oil)
Noodles	1/2 cup
Ragiball	1 medium size
 PULSES	
Thin dal	1 cup
Thick dal	1/2 cup

VEGETABLES

Green leafy or salad	1/2 cup
Vegetables	
Potatoes	2 small
Others	1/2 cup

FRUITS

QUANTITY

Most fruits	1
Banana	1
Chikoo	1
Orange / Musambi	2

Egg/Meat/Poultry

Eggs	2 small
Keema	1/2 cup
Chicken breast	75 grams
Fish	75 grams
Lamb chops	50 gms.

Dairy Products

Milk whole	1/2 cup
Milk skimmed	1/2 cup
Curd	1/2 cup
Butter, Ghée	10 gms.
Paneer	4 table spoons

SWEETS

Sugar/Jaggery	2 table spoons
Soft drinks (aerated)	1 bottle
Pudding	1 small helping
Custard	1 cup
Rasagullas	2
Gulab Jamoon	2
Ice Cream	1 small helping

QUANTITY

ALCOHOLIC BEVERAGE

Beer	1 Glass
Whisky or gin	45 ml.
Wine	100 ml. (1/2 glass)

NUTS

Fresh coconut	20gms.
Ground nuts, Walnuts	15 gms.

THE OPTIMAL DIET

Nature of food	Foods to use	Foods to Avoid / Restrict
Cereals	Use whole grains like	Restrict the use of refined wheat, rice, ragi, corn, grain products like maida cracked wheat, jowar, and maida product (white Oats, millet, barely bread)
Pulses and Oats	Use freely, especially	Soyabean based meat in sprouted forms substitutes
Vegetables	Use freely, fresh as far	Avoid vegetables cooked for as possible in a lot of oil and gravy.

Fruits	Use freely : fresh fruits	Canned fruits in syrup use sparingly : fruit drinks, dried fruits, because they are calorically concentrated
Dairy products	Skimmed milk and	Restrict use of cheese, ice butter milk and skimmed cream, Khoa, Condensed milk curdsmilk
Eggs	Egg white only	Egg Yolk Meat If you insist use
	small portions only :	sausages, liver, bacon chicken without skin lean meat, fish
Fats	use minimally only :	All fats and oils, especially oil of gingelly, sunflower, ghee, butter, dalda, palm oil, corn, groundnut. The less coconut oil. Avoid fried foods the better !
Sugar products	Keep to a minimum	Restrict all sweets like The less the better halvas, jam, jelly, Cokes, Pastries, Soft drinks, Puddings, Chocolates
Miscellaneous	Drink plenty of water	Restrict use of tea and use nuts only very coffee. Avoid alcohol. Keep sparingly because of the use of salt to a minimum high fat and caloric content.



హెపటైటిస్ గురించి మీరు తెలుసుకోవలసింది ఏమిటి అంటే జాండిస్ కు అది ప్రధాన కారణం అని

ప్ర. హెపటైటిస్ ఏ అంటే ఏమిటి ?

జ. హెపటైటిస్ ఏ అనేది కాలేయానికి వచ్చే ప్రబల వ్యాధి. అది హెపటైటిస్ ఏ వైరస్ ఇన్ ఫెక్షన్ వల్ల వచ్చే జబ్బు. ఈ వైరస్ మలంలో విసర్జించబడి ఫాకల్ ఓరల్ రూట్ ద్వారా ప్రధానంగా ఇది వ్యాపిస్తుంది.

ప్ర. ఈ ఇన్ ఫెక్షన్ కు తోడ్పడే మూల కారణాలు ఏవి?

జ. అపరిశుద్ధ నీరు లేక అహారము. ముఖ్యంగా పచ్చిని మరియు అరకొర వుడికించిన అహారము, కుటుంబంలోగాని, స్కూళ్ళలోనూ లేక పనిచేయుచోట ఈ వ్యాధి సోకిన వారితో కలసి అంటుకుతిరగడం వలన ఈ వ్యాధి ఇతరులకు సోకుతుంది.

ప్ర. హెపటైటిస్ ఏ ఇన్ ఫెక్షన్ ఎంతవరకు అపాయకరము ?

జ. ఈ ఇన్ ఫెక్షన్ యొక్క తీక్షణత రోగి వయసును బట్టి వుంటుంది. వ్యాధి లక్షణాలు చిన్న పిల్లలలో కంటే యౌవన దశలోను మరియు యుక్తవయస్సు వారిలో ప్రధానంగా కనిపిస్తాయి. వ్యాధి లక్షణాలు 6 వారాలనుండి 3 నెలల వరకు వుండి, ఈ సమయంలో సంపూర్ణ విశ్రాంతి అవసరమవుతుంది. హాస్పిటల్ లో చేర్చవలసిన అవసరముగూడ ఏర్పడవచ్చు. దీనివల్ల ఇతర సమస్యలు వుత్పన్నముకావు కాని అప్పుడప్పుడూ అలా జరుగవచ్చు. 20% రోగుల్లో ఈ వ్యాధి తిరిగి ముమ్మరించుటకు అవకాశమున్నదని గమనించడమైనది.

ప్ర. హెపటైటిస్ ఏ యొక్క వ్యాధి లక్షణాలేమిటి?

జ. ఈ వ్యాధి లక్షణాలలో ముఖ్యంగా అసహ్యము, డోకు, కళ్ళు, చర్మము మరియు మూత్రము పచ్చగా మారడము (పచ్చ కామెర్లు), ఎర్రబనాలు, మలముయొక్క రంగు

పాలిపోవడము, కడుపులో నొప్పి, అయాసము, బడలిక, జ్వరము, చలి, ఆకలి
...చగించడము, గొంతువాపు మొదలగునవి.

ప్ర. హెపటైటిస్ ఎ నుండి రక్షించుకోవడం ఎలా?

జ. ఈ వ్యాధి నుండి తప్పించుకోవడానికి అనుసరించవలసిన సరియైన మార్గము
వ్యక్తిగతంగాను, సాంఘికంగాను చక్కటి పరిశుభ్రతను పాటించడము. ప్రస్తుతము
ఈ వ్యాధినుండి దీర్ఘకాల రక్షణకు వాక్సినేషన్ (నూది మందు) లభించుచున్నది.

ప్ర. నేను హెపటైటిస్ చి అనేవి రెండు వాక్సినేషన్ వేయించుకున్నాను, అప్పుడు నాకు
హెపటైటిస్ ఎ నుండి కూడా రక్షణ లభిస్తుందా?

జ. లేదు హెపటైటిస్ ఎ మరియు హెపటైటిస్ చి అనేవి రెండు విభిన్న వైరస్ ల ద్వారా
వ్యాపించే విభిన్న వ్యాధులు. హెపటైటిస్ ఎ లాకాక, హెపటైటిస్ చి లైంగిక సంబంధం
వలన, తల్లినుండి అప్పుడే పుట్టిన బిడ్డకు రాగల రక్తం ద్వారా వ్యాపించే వైరస్.
జాండిస్ (పచ్చ కామెర్ల) హెపటైటిస్ ఎ మరియు హెపటైటిస్ చి రెండింటికి ఏక
వ్యాధి కారణంగా పరగణించబడుచున్నది.

ప్రజారోగ్య అవగాహన నిమిత్తము ప్రచురించినవారు :

కె. థనీలక్ష్మి

ఉపాధ్యక్షులు

నివేకళారతి

(స్వచ్ఛంద సేవా సంస్థ)

1-8-75,

ఆర్.కె.నగర్,

అల్వార్,

సికింద్రాబాద్-10.

ఫోన్: (O) : 6320207, 6320208.

ఎయిడ్స్ అంటే...

పత్రికలు, టీవీలు, రేడియోలు, కటౌట్లు, బానర్లు కరపత్రాలు ఇంకా అసంఖ్యాకమైన పలు ప్రచార సాధనాలు హోరెత్తిస్తూ ప్రజలను చైతన్యవంతులను చేయాలని చూస్తున్న ఏకైక అంశం... ఎయిడ్స్. అతి గమ్మత్తయిన విషయం ఏమిటంటే నిరక్షరాసులైన గ్రామీణ ప్రాంత వాసులేగాక నవనాగరిక సమాజానికి ప్రతినిదులుగా భావిస్తూ పాశ్చాత్యులను ప్రతి విషయంలోనూ అనుకరించే విద్యాధికులైన నగరజీవులు సైతం ఈ భయంకరమైన వ్యాధిపట్ల సరైన అవగాహనను పెంపొందించుకోవటంలో చోరంగా విఫలమవుతున్నారని చెప్పకతప్పని విషాదకర పరిస్థితి నెలకొని ఉంది.

ఇంతకూ అసలు ఎయిడ్స్ అంటే...

కేవలం లైంగికపరమైన ఒక సుఖ వ్యాధిగా ఈ ఎయిడ్స్ వ్యాధిని అభివర్ణించవచ్చు. (హెచ్.ఐ.వి.) హ్యూమన్ ఇమ్యూన్ డెఫిషియన్సీ అనే వైరస్ ద్వారా ఈ వ్యాధి సంక్రమిస్తుందని మాంటాగ్యుర్ అనే ప్రఖ్యాత ఫ్రెంచి శాస్త్రవేత్త 1983లో కనుగొని ప్రపంచ మానవాళికి మహాపకారం చేసాడు. ఎలిసా టెస్టు ద్వారా ఈ వ్యాధిని గుర్తించే ప్రక్రియ మరొక్క సంవత్సరానికి అంటే 1984లో రూపొందించారు.

కాగా వేళ్ళా సంవర్సం, చెడు తిడుగుళ్ళు వంటి కారణాలవలననే సుఖవ్యాధులు సంక్రమిస్తాయన్నది జగధ్విధితం. అయితే కేవలం ఈ కారణాలవల్లనే గాక, ఇంకా అనేకానేక కారణాలవలన సంక్రమించి మానవాళిని నిర్వీర్యపరచి, కబళించగల మృత్యువుగా ఈ ఎయిడ్స్ వ్యాధిని పేర్కొనవచ్చును.

ప్రధానంగా ప్రకృతి విరుద్ధమైన లైంగిక విన్యాసాలు, విఫలవిడి శృంగారాలు, సురక్షితమైన పద్ధతులు విడనాడి చేసే వేళ్ళా సంవర్సాలు ఎయిడ్స్ వ్యాధికి సోపానమార్గాలన్నది నిర్వివాదాంశం. కేవలం ఈ అంశాలపట్ల జాగరూకత వహించినంత మాత్రాన ఎయిడ్స్ ని వారించగలమనుకోవటం దురాశే అవుతుంది.

ప్రకృతి విరుద్ధమైన లైంగిక ప్రవృత్తులు అంటే లెస్బియన్, హోమోసెక్సువల్ వంటి స్వజాతి సంపర్కాలు ఖచ్చితంగా ఎయిడ్స్ వ్యాధికి మూల కారణాలవుతాయి. ఈ విధమైన లైంగిక ప్రవృత్తులకు స్వస్తి పలకటం అనివార్యం.

ఇక వేళ్ళా సంపర్కం సర్వదా అనర్థదాయకమని గుర్తించటం శ్రేయస్కరం. తప్పని పరిస్థితులో మానవ సహజమైన బలహీనతలను అధిగమించలేని పరిస్థితులుద్భవిస్తే... మార్కెట్టులో లభించే నాణ్యమైన కండోములను వాడటం తప్పనిసరి. కేవలం కండోములు వాడినంత మాత్రాన ఎయిడ్స్ బారిన పడమనే గ్యారంటీ ఏమిలేదు. కండోమును తొడిగిటప్పుడు లేదా సంభోగ సమయంలోనైనా కండోము చిరిగి అవరాళం లేకపోలేదు. అలాంటి విసత్తు సంభవించకుండా ముందుజాగ్రత్త వహించడం మంచింది. ఎలాగంటే ఒక కండోమును జాగ్రత్తగా లింగానికి తొడిగిన అనంతరం అదనంగా మరొక కండోమును జాగ్రత్తగా తొడగాలి. ఇలా చేయడం వలన ఎయిడ్స్ బారిన పడకుండా రక్షణ పొందే అవరాళం ఉంది.

ప్రకృతి విరుద్ధమైన లైంగికచర్యలకు పాల్పడకుండా, వేళ్ళాసంపర్కం లేకుండా గౌరవప్రదమైన జీవనం గడుపుతున్న వారు సైతం ఈ ఎయిడ్స్ బారిన పడటం గమనార్హం. స్థిరమైన చేయని సిరంజీల ద్వారా ఎయిడ్స్ వ్యాధిగ్రస్తుడు ఇంజక్షన్ చేయించుకుని, అదే సిరంజీ ద్వారా మరో ఆరోగ్యవంతుడు ఇంజక్షన్ చేయించుకుంటే చాలు. ఎయిడ్స్ వ్యాధి సంక్రమించినట్లే. అలాగే ఎయిడ్స్ వ్యాధికి గురైన వ్యక్తి పేవింగ్ చేసుకున్న బార్బర్ పాపులో ఆరోగ్యవంతుడైన వ్యక్తి పేవింగ్ చేసుకున్నాచాలు. ఇక వ్యాధి సంక్రమించినట్లే. ఎయిడ్స్ వ్యాధి సోకిన వ్యక్తి, ఆ విషయం తెలియక మరో వ్యక్తి సరైన పరీక్షలేవి చేయించకుండానే రక్తాన్ని దానం చేస్తే తద్వారా సైతం ఈ వ్యాధి వ్యాపిస్తుంది. వ్యాధి సోకిన వ్యక్తితో దాంపత్యసఖం అనుభవించిన స్త్రీకి, ఆమె గర్భండాలిస్తే, పుట్టబోయే బిడ్డకు సైతం ఈ వ్యాధి వ్యాపిస్తుంది.

ఇన్ని విధాలుగా వ్యాపిస్తుంది గనకే ఈ వ్యాధి పట్ల ప్రపంచమానవాళి భయాందోళనలకు గురవుతోంది. మరో ఆశ్చర్యకరమైన విషయం ఏమిటంటే ఇతర వ్యాధులలాగా ఈ వ్యాధి లక్షణాలు అంత త్వరగా బయటపడవు దీంతో తనకున్న జబ్బు గురించి ఏమాత్రం తెలివి వ్యక్తి తనతోపాటు మరింత మందిని శాపగ్రస్తులను చేస్తున్నాడు. దాదాపు ఏడేళ్ళయినా వ్యాధి లక్షణాలు బయటపడని రోగులు సైతం ఉన్నారంటే నమ్మకశక్యం కాదు. కాని ఇది యదార్థం.

ఎయిడ్స్ వ్యాధికి చికిత్సలేదు.

వివారణే శరణ్యం.

తస్మాత్ జాగ్రత్త.

- టి. సుందర్

ఆరోగ్య జీవనానికి సోపానం

'యోగా'

ప్రపంచ వ్యాప్తంగా జేజేలు అందుకుంటున్న సనాతన భారతీయ సంపదగా 'యోగా'ను అభివర్ణించటం ఏ మాత్రం అతిశయోక్తికాదు. వెర్రితలలు చేస్తున్న నవనాగరిక వ్యవస్థ, వ్యామోహాలు, విచలవిడిగా అందుబాటులో ఉంటున్న మాధకద్రవ్యాల వినియోగం, అశ్శీల సాహిత్యం, యువతను పెడదారి పట్టేస్తున్న విచలవిడి లైంగిక విన్యాసాలు, పొంచిఉన్న ఉగ్రవాదం, అసాంఘిక శక్తుల విజృంభణ, విలయకాండవం చేస్తున్న కరువు, దుర్విక్షం, చేజారుతున్న నిరుద్యోగం, నిరక్షరాస్యతలు ప్రపంచవ్యాప్తంగా ప్రజల మనుగడకు పెను సవాలుగా పరిణమించాయి.

ఈ నేపథ్యంలో మానసిక, శారీరక సమతుల్యానికి, ఆరోగ్యానికి మహత్తరమైన ఒక ఔషధం అత్యవసరంగా పరిణమించటం అనివార్యమయ్యింది. ఈ జాగ్రూలన్నింటికీ ఏకైక ప్రత్యామ్నాయంగా 'యోగావిద్య' కీలక పాత్రను నిర్వహించటం అపూర్వమైనదగ్గ పరిణామం. శరీరానికి సమన్వయకర్తగా వ్యవహరిస్తుంది యోగావిద్య.

సహజంగానే మన శరీరం అత్యంత శక్తివంతమైన యంత్రసమూహమని చెప్పవచ్చును. రక్తప్రసరణ, హృదయస్పందనల సమ్మేళనమే మనపి ఆరోగ్య, అనారోగ్యాలను ప్రభావితం చేస్తాయి. ఈ రెండు ప్రక్రియలను నియంత్రించి జ్ఞాపక శక్తిని, గ్రహణశక్తిని, భారణ శక్తిని పెంపొందించేసి మనపిని పరిపూర్ణ ఆరోగ్యవంతునిగా, దీర్ఘాయువుగా చేయగలశక్తి ఒక్క యోగావిద్యకే ఉండటం గమనార్హం.

మౌలికమైన కొన్ని నియమాలను పాటిస్తూ యోగావిద్యను సుశిక్షితమైన అచార్యులవద్ద అభ్యసించి అచరిస్తే కలిగే సత్ఫలితాలు అధ్యుతీయం. శ్వాస, నిశ్వాసలే మనపి జీవితానికి అత్యంత కీలకమైనవి. కాగా ఈ శ్వాస నిశ్వాసలను ఒక క్రమపద్ధతిలో అచరిస్తే గణనీయమైన, శాస్త్రీయమైన మార్పులను, తద్వారా ఆరోగ్యపథంలో ప్రగతిని సాధించవచ్చు. శారీరక, మానసిక ప్రశాంతతను, ఆరోగ్యాన్ని సాధించే దిశగా చేసే వివిధ 'యోగా' ప్రక్రియలను మనం 'యోగాసనాల'నే పేరుతో వ్యవహరిస్తున్నాం. దేదీప్యమానమైన ముఖవర్చస్సు, తేజస్సు, దీర్ఘమైన అయుష్షు, ఆరోగ్యప్రదమైన జీవనాన్ని ప్రసాదించే అద్భుతమైన దైవిక సంపదగా యోగావిద్యను సనాతన హైందవతీహాసాలు ఉద్ఘోషిస్తున్నాయి. అష్టాదశరమైన మానసిక అసందాన్ని, చురుకైన వ్యవహార సరళిని అందించటంలో యోగావిద్యను మించింది లేదు.

యోగచార్యులవద్ద ఒక్కసారి అభ్యసించి అనంతరం పైసా ఖర్చులేకుండా ప్రతి ఒక్కరు యోగవిద్యను తమ ఇంటి వద్దనే అభ్యసించవచ్చు.

ఇన్ని అద్భుతమైన ఫలితాలను సాధించగల ఈ యోగవిద్య మీ జీవితాన్ని పురోగతిలో పయనింపజేయాలంటే ఖచ్చితంగా కొన్ని నియమాలను పాటించుకోవాలి. కొన్ని నిబంధనలను ఉల్లంఘించరాదు. ప్రశాంతమైన వాతావరణంలో, రణగోణ ధ్వనులకు దూరంగా స్నానమాచరించి 'యోగ' చేయటం సర్వోత్తమ ఫలితాలను సాధించటానికి సులువైన దారి అని అనుభవజ్ఞులైన యోగ చార్యుల అభిప్రాయం. పంట పొలాలు, సెలయేళ్ళు, సవి ఒడ్డున, చెరువుగట్టు ప్రాంతం, ఎత్తైన కొండల నడుమ, ఆరుబయలులో 'యోగ'ను అభ్యసించటం వాచాగ్ర వైససాన్నిధ్యాన్ని కాంక్షించే తాపసోత్తముల తపోభూమికి ధీటైనవి. కాగా ఈ ప్రాంతాలన్ని వాకపోయినా కొన్నినా గ్రామీణ ప్రజలకు అందుబాటులో ఉన్నప్పటికీ, చాలామంది జరిగిందాగా భాసిల్లుతుంది. సగరవాసులకు మాత్రం ఇలాంటి ప్రాంతాలను అభ్యసించటం దురాశే కాదు అనుభవం కూడా. అందుకే ఇంటి ధాబాలపైన, ఇంటి పెరట్లోగాని తెల్లవారుఘాటున 4 నుండి 8 గంటల మధ్య 'యోగ' ఆచరించటం సముచితం.

స్త్రీ, పురుషుల వయో బేధం లేకుండా ఎవరైనా 'యోగ' అభ్యసించి ఆచరించవచ్చు. అయితే మహిళలు మాత్రం 'ముతు సమయం'లో 'యోగ'ను ఆచరించకపోతే మంచిది. అలాగే నెలలు నిండిన గర్భిణీ స్త్రీలు సైతం 'యోగ'ను ఆచరించకూడదు. సాధారణంగా ఈ సమయంలో అనవసరపు చికాకులు, భయాందోళనలతో స్త్రీ మనస్సు కల్లోలసాగరమవుతుంది. కిందివేళ శారీరక రుగ్మతలు సైతం వేదిస్తుంటాయి గనుక ఈ సమయాల్లో 'యోగ'భ్యాసం నిషిద్ధమని గుర్తించటం శ్రేష్ఠం.

'యోగ'భ్యాసం వివిధ రీతుల ఆననాల సమ్మేళనమని గుర్తించాలి. వివిధ రకాల 'యోగ' సనాలు ప్రత్యేకమైన ప్రయోజనాన్ని సాధించేందుకు ఉద్దేశించబడ్డాయి. కనుక 'యోగ'భ్యాసం ప్రారంభించేముందు ద్రవ, ఘనపదార్థాలను ఆహారంగా స్వీకరించకూడదు. నిద్రలేచి, అతినిద్ర, మాదకద్రవ్యాల వినియోగం వంటివి 'యోగ'భ్యాసానికి ప్రతిబంధకాలు. కిడ్నీల మార్పిడి, హృదయ సంబంధమైన రోగపీడితులు 'యోగ'భ్యాసం జోలికి పోకుంటేనే మంచిది.

ఈ కనీస నియమాలను పాటినస్తూ యోగాభ్యాసం చేస్తే రోగాల బారినుండి తప్పించుకోవటమే గాక సుఖప్రదమైన దీర్ఘాయుష్షు మీ స్వంతం అవుటం ఖాయం.

సర్వేజ్ఞనా సుఖినోభవంతు

- బయ్యలలిత కె.

అవేర్ కు అంకురార్పణ...

మాధవన్ మాటల్లో

అవేర్ బైర్మన్ పుదుచ్చేరిలోని మాధవన్ 1944 నవంబర్ 10న కేరళలోని పుదుకోడులో ఓ ఉన్నత కుటుంబంలో జన్మించారు. మాధవన్ తండ్రి బ్రిటీష్ ఆర్మీలో ఉన్నతాధికారిగా పనిచేసారు. సాగర్ యూనివర్సిటీలో ఆంథ్రోపాలజీలో పి.ఇ.ఇ. చేసిన మాధవన్ 1964లో సివిల్ సర్వీసెస్ కు ఎంపికయ్యారు. 1965 ఆస్సాం కేడర్ ల అసిస్టెంట్ కమీషనర్ గా ఉద్యోగ బాధ్యతలను చేపట్టారు.

అయితే చిన్నప్పటినుంచి సేవాభావం అలవర్చుకున్న మాధవన్ ప్రభుత్వోద్యోగం ద్వారా ప్రజలకు చేరువ కాలేనని గ్రహించి ఉన్న పళంగా ఉద్యోగాన్ని విడిచిపెట్టి రిషికేష్, గంగోత్రి తదితర ప్రాంతాలకు వెళ్లి సన్యాసి జీవితాన్ని స్వీకరించారు. అయితే మూడు సంవత్సరాల అనంతరం వశిష్ట గుహలో ఉన్న మాధవన్ కు నచ్చజెప్పి ఆయన కుటుంబసభ్యులు వెనక్కు తీసుకువచ్చారు. ఆంధ్రప్రదేశ్ వచ్చారు.

గిరిజనుల జీవన విధానాన్ని పరిశీలించేందుకు మహబూబ్ నగర్ జిల్లా అమ్రాబాద్ వెళ్ళిన మాధవన్ అక్కడి గిరిజనులకు ప్రభుత్వసాయం అందకుండా దళారులు ఏ విధంగా రాజేస్తున్నది స్వయంగా గమనించాక తానే ఒక సేవాసంస్థను స్థాపించి గిరిజనుల్లో చైతన్యం తీసుకురావాలన్న పట్టుదల ఏర్పడినట్లు మాధవన్ తెలిపారు.

ఇందులో భాగంగానే 1975 నవంబర్ 5న మహబూబ్ నగర్ జిల్లా అమనగల్లు మండలంలోని రాంనూతల గిరిజన తండాలో **అవేర్** పేరుతో స్వచ్ఛందసేవా సంస్థను ఏర్పాటు చేశారు. అనాడు చిన్న కుగ్రామంలో ప్రారంభమైన **అవేర్** నేడు వందలాది గ్రామాలకు అన్ని విధాలా సేవనిస్తుందని మాధవన్ గర్వంగా చెప్పారు. 1976లో ఆస్ట్రేలియాకు చెందిన కమ్యూనిటీ ఎయిడ్ అబ్రాడ్ (సిఎఎ అధినేత డాక్టర్ వెబ్) అనే సంస్థ ద్వారా 13వేల 500 రూపాయల మొట్టమొదటి విదేశీ సాయాన్ని అందుకున్నట్లు మాధవన్ తెలిపారు.

మంచిని పెంచేందుకు ముందుకు వచ్చిన జీసస్ కే కొరడా వెబ్బులు, శిలవ శిక్ష తప్పలేదు. అదే విధంగా తొలినాళ్ళలో గిరిజనుల నుంచి ఎన్నో కష్టనిష్ఠులను ఎదుర్కోవలసి వచ్చిందని మాధవన్ తెలిపాడు. అనాడు తీరస్కరించిన గిరిజనులే నేడు **అవేర్** తమ జీవితాల్లో వెలుగును నింపే కొండంత అండగా భావిస్తున్నారని ఆయన అన్నారు.

తమ **అవేర్** సంస్థ ఏ గ్రామాన్నైనా పది సువర్ణరాల పాటు ధత్తత తీసుకొని అన్నివిధాలుగా ఆ గ్రామం స్వయం సమృద్ధిని సాధించేందుకు తోడ్పడుతుందని చెప్పారు. తాను సబ్సిడీలకు వ్యతిరేకినని, సబ్సిడీలు మనిషిని సోమరితనం నైపు మల్లిస్తాయని ఆయన అన్నారు. ఎవరో వస్తారని ఏదో చేస్తారని కాకుండా నీకు చేతనైనంతలో చిన్న దీపం వెలిగించి పరిసరాలకు కాంతిని ప్రసాదించాలన్న తపనతో అలుపెరుగని యోధుడిలా ఆర్దులకు సేవలందిస్తున్నారు మాధవన్.

సమాజసేవలో వివేకభారతి

సాటి మనిషి ప్రాణాలు కాపాడేందుకు చేబట్టే ప్రతి చర్య మహోన్నతమైన ఏ యజ్ఞానికి తీసిపోదని సనాతన హైందవేతిహాసాలు ఉద్ఘోషిస్తున్నాయి. ఈ ప్రబోధనలను స్ఫూర్తిగాతీసుకొని 1992వ సంవత్సరం స్వాతంత్ర్య పర్యదినం ఆగస్టు 15న ప్రారంభమైన స్వచ్ఛందసేవా సంస్థ 'వివేకభారతి'.

నిజానికి స్వచ్ఛంద సేవా సంస్థలు నేడందిస్తున్న సేవలు నిరుపమానమైనవి. వివిధ సామాజిక సేవా సంస్థలు పలు కీలకమైన సేవలందిస్తున్నాయి. వివిధ ప్రాణాంతకమైన వ్యాధులను గూర్చి సమగ్రమైన వివరాలను, అవగాహనను వ్యాధినివారణ చర్యలను ప్రజలకు వివరించటం వంటి కార్యక్రమాలను చేబట్టి సమర్థవంతంగా నిర్వహించి ప్రశంసలను అందుకుంటున్నాయి.

చైద్య శిబిరాలను నిర్వహించటం, పరిసరాల పారిశుధ్యం, వాతావరణ నమతుల్యాన్ని పాటించటం వంటి కార్యక్రమాలు కొన్ని సంస్థలు చేబడుతున్నవి.

ఈ సంస్థల కార్యశైలికి భిన్నంగా తనదైన విధివిధానాలతో సేవే పరమావధిగా దూసుకుపోతున్న స్వచ్ఛంద సేవా సంస్థ 'వివేకభారతి'. మనిషికి అత్యంతకీలకమైన సమయంలో ప్రాణాలుపోసి, సాటి మనిషి ప్రాణాలు కాపాడగల మహత్తర శక్తి ఒక్క రక్తానికి మాత్రమే ఉంది. సరైన సమయంలో సరైన గ్రూపురక్తం అందకపోతే రోగి ప్రాణాలు అనంత వాయువుల్లో కలిసిపోవటం అత్యంత సహజమైన పరిణామం. ఈ పరిణామాన్ని దాని తీవ్రతను గుర్తించి, సానుకూలంగా స్పందించి, తదనుగుణంగా సంతృప్తాల తరబడి అకుంఠిత దీక్ష, నిస్వార్థ పరాయణతతో వ్యవహరించటం 'వివేకభారతి' ప్రత్యేకతలు.

రోడ్డు ప్రమాదాలు, అగ్నిప్రమాదాలు, భవనాలు కూలిపోవటం, కరెంటు షాకు, గర్భిణీస్త్రీలకు ప్రసవం, గర్భస్రావం, కిడ్నీ మార్పిడి (Kidney Transplantation), పలు రకాల శస్త్ర చికిత్సలు ముఖ్యంగా హృదయ సంబంధమైన శస్త్రచికిత్సలు - ఇలా అసంఖ్యాకమైన పలు అంశాలలో రోగి ప్రాణాలు కాపాడటంలో కీలకపాత్రను నిర్వహించేది రక్తం మాత్రమేననటం అతిశయోక్తికాదు.

కనుకనే లక్షలాది రూపాయల వ్యాపారం ఈ మానవ రక్తంపైననే కేంద్రీకృతమై ఉండటం అత్యంత నహజమైన పరిణామంగా అభివర్ణించవచ్చు. సాధారణంగా ప్రభుత్వ ఆసుపత్రులలో 'రక్తనిధి' (Blood Bank) ఉంటుంది. అయితే ఇక్కడ చేరే రోగుల సంఖ్యకు, వారికి అవసరమైన రక్తపు యూనిట్ల సంఖ్యకు, స్వచ్ఛందంగా రక్తదానం చేసే దాతల ద్వారా సీకరించిన రక్తపు యూనిట్లకు మధ్య పొత్తు కుదరటం లేదు. దీంతో ప్రభుత్వ ఆసుపత్రుల రక్త నిధులలో తీవ్రమైన కొరత ఎప్పుడూ ఉంటూనే ఉంది. ఈ నేపథ్యాన్ని కొన్ని ప్రయువేటు బ్లడ్ బ్యాంకులు నేలాది రూపాయలను రోగిపరివారం దగ్గర గుంజటానికి చూపే ఆనక్తితో వందోవంతు కూడా రోగికి అందించే రక్తంలో ప్రాణాంతకమైన రోగ కారక క్రిములున్నాయా అని పరీక్షించడంలో ఆసక్తి చూపడం లేదు. ఇది చాలా విచారకరపరిణామం.

ఈ పరిస్థితిలో ప్రభుత్వ ఆసుపత్రులలో రక్తపు కొరత నివారణకు తనవంతు సాయాన్ని అందించేందుకు నడుం కట్టింది 'వివేకభారతి'. అసంఖ్యాకంగా స్వచ్ఛంద రక్తదాన శిబిరాలను పలు వ్యయప్రయాసలకోర్చి నిర్వహించింది. ఈ శిబిరాల ద్వారా సేకరించిన నేలాది యూనిట్ల రక్తాన్ని కేవలం ప్రభుత్వ ఆసుపత్రులకు మాత్రమే ఉచితంగా అందచేసింది.

ప్రభుత్వ పరంగా 'వివేకభారతి' నేటి వరకు పైసా ప్రతి ఫలాన్ని ఆశించలేదు. కేవలం కొందరు మిత్రులు, సమాజ హితాన్ని కాంక్షించే

విభిన్న వర్గాల వ్యక్తుల సహకారంతో 'వివేకభారతి' తన లక్ష్యాన్ని చేధిస్తూ సాగిపోతున్నది. కేవలం కాగితాలపైననే సేవార్యక్రమాల చిట్టా విప్పుతూ, కాకిలెక్కలు చెబుతూ లక్షల రూపాయల ప్రభుత్వ ధనాన్ని కైంకర్యం చేస్తున్న కొన్ని స్వచ్ఛంద సేవా సంస్థల పనితీరును దినపత్రికలు ఎండగడుతుండటం మనకందరికీ తెలిసిన విషయమే.

అలాంటి సమయంలో ప్రభుత్వ సహాయాన్ని అర్థించక, ఆశించక తమ నమ్మిన సిద్ధాంతంతో తన నిర్దేశిత లక్ష్యసాధనకై నిర్విరామంగా శ్రమించి సాధించటం 'వివేకభారతి' కే చెల్లింది.

ఈ సంస్థ వ్యవస్థాపక అధ్యక్షుడు కె. సుందరమూర్తి మాట్లాడుతూ రక్తదానంపై సమాజంలో పలు అపోహలు నెలకొని ఉన్నాయని చెబుతూ విచారం వెలిబుచ్చారు. ఈ అవగాహనా రాహిత్యాన్ని తొలగించే దిశగా తమ సంస్థ పలు 'అవేర్నెస్ క్యాంపులు' నిర్వహించిందని అన్నారు. పలు పాఠశాలలు, కాలేజీల విద్యార్థులనుండి రక్తాన్ని స్వచ్ఛంద రక్తదాన శిబిరాల 'ద్వారా' సేకరించేందుకు కొన్ని యాజమాన్యాలు అనుమతి నివ్వటం లేదని వాపోయారు. విద్యార్థుల నుండి ఉచితంగా రక్తాన్ని సేకరించి అమ్ముకునే కొన్ని 'సేవా' సంస్థలకు అనుమతి నివ్వటం ఎంతవరకు సమంజసమని ఆయన సూటిగా ప్రశ్నించారు. కనీసం ప్రభుత్వపరమైన పలు శాఖలైనా ముందుకు వచ్చి ప్రభుత్వ ఆసుపత్రులకు తమ సంస్థద్వారా రక్తాన్ని అందిస్తే రక్తపుకొరత సమస్యే ఉండదని అన్నారు. రక్తదానంపై సందేహాలకు లేదా రక్తదానం చేయదలచిన దాతలు సంప్రదించవలసిన చిరునామా :

కె.ఎస్.మూర్తి

వ్యవస్థాపక అధ్యక్షులు

వివేక భారతి

ఇ.నెం. 1-8-75, ఆర్.కె.నగర్,

అల్యూల్, సికింద్రాబాద్.

ఫోన్ : 6320207, 6320208

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శుభవార్త !

జుట్టు కు సంబంధించిన సమస్యల వల్ల బాధపడుతున్న స్త్రీలు & పురుషులకు చుండ్రు లేదా జుట్టు రాలిపోవటం లేదా తెల్లజుట్టు లేదా జుట్టు ఊడిపోవటం లాంటి ఏ రకమైన జుట్టు సమస్యలు మీకు ఉన్నట్లయితే, ఎలాంటి దుష్ప్రభావాలు లేని సహజసిద్ధమైన తైలం ద్వారా 100% గ్యారంటీతో మీకు చికిత్సచేస్తాము. చుండ్రుకు చికిత్సా సమయం కేవలం 3 రోజులే. జుట్టు రాలిపోవటం చికిత్సకు 15 రోజులు పడుతుంది. మీ జుట్టు స్థితినిబట్టి మళ్ళీ జుట్టు పెరగడానికి 90 నుండి 150 రోజులు పడుతుంది. కాని మీ వయసు 41 సం.లోపు ఉండాలి. మీకు అపాయింట్మెంట్ కావాలనుకుంటే సంప్రదించండి.

ఫోన్ : 6638871,

మహిళలకు : 6638872

ఉబ్బసం, ఎలర్జి వ్యాధులకు

ప్రత్యేక చికిత్స

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పుల్లారెడ్డి స్ట్రీట్ ప్రక్కన,

ఫోన్: 3203970

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డా॥ యం.వి.వి. సత్యనారాయణ, శ్రీ సాయి

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విజయవాడ-3.

ఫోన్: 432709

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సమాజంలో అన్ని వర్గాలకు అందుబాటులో ఉండే తక్కువ వ్యయంతో నైద్య సంరక్షణకు విస్తారముగా గుర్తింపు పొందిన సెంటర్ ఈ అపోలో ఆమర్ హాస్పిటల్. రోగులకు స్నేహపూర్వకమైన సేవలు అందిస్తూ నగరంలోని కూడలి ప్రాంతంలో ఉన్న ఈ హాస్పిటల్ వ్యక్తిగతమైన ప్రవంచ స్థాయి సంరక్షణను అందించడానికి ప్రముఖ స్పెషలిస్టులు మరియు అధునాతనమైన సాధన సంపత్తిని కలిగివున్నది. ఈ మల్టీ స్పెషాలిటీ నైబర్హాడ్ హాస్పిటల్ కిడ్నీ సంబంధ వ్యాధుల కేంద్రాన్ని ప్రారంభించినది. ఈ సెంటర్ ఇరవై నాలుగు గంటలూ వైతిక విలువలు కలిగిన మరియు సమగ్రమైన కిడ్నీ సంరక్షణ సేవలను అందిస్తుంది.

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- విప్రో సి-ఆర్కెత్ పూర్తి హంగులు కల థియేటర్, ఎండ్ & లాపరోస్కోపిక్ యూరాలజీ కారకు కర్ణ-స్టర్ల ఎక్స్‌ప్రెమెంట్
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అమెరికన్ దంతవైద్యశాల

ఆధునిక దంతవైద్యంలో అతిపెద్ద స్థాయిలో దేశంలో తొలిసారిగా కార్పొరేట్ స్థాయి దంతవైద్య సేవలు అందిస్తున్న అమెరికన్ దంతవైద్యశాల వారు ఆత్మాధునిక దంతవైద్య పరికరాలతో, అత్యున్నత ప్రమాణాలతో సామాన్య మానవునికి సైతం మెరుగైన దంతవైద్య సేవలు అందించడం ఒక ప్రత్యేకత.

అమెరికన్ డెంటల్ హాస్పిటల్ ఇంప్లాంట్ దంతాల అమరిక మరియు అపరేషన్ థియేటర్ సౌకర్యాలను పురస్కరించుకుని ఆంధ్రప్రదేశ్ లోనే తొలిసారిగా అతితక్కువ వ్యయంతో... 50% డిస్కాంట్ తో అపరేషన్స్ సైతం నిర్వహిస్తున్నామని హాస్పిటల్ చీఫ్ డా॥ ఆర్. రవీంద్రారెడ్డి తెలియజేశారు. ఎత్తు వంకర పళ్ళు ఉన్నవారికి సర్జరీలు, పళ్ళు లేని వారందరికీ వయస్సుతో నిమిత్తం లేకుండా కట్టుడు పళ్ళు కడుతున్నారు.

ఎత్తు, వంకరపళ్ళ సమస్యలతో బాధపడుతున్నవారికి శుభవార్త : ఎత్తుపళ్ళు శాపమనేది నిన్నటి మాట. నేడు అలా భావించనవసరంలేదు. ఎత్తు వంకర పళ్ళు వు... వారికోసం

పళ్ళులేని వారందరికీ కట్టుడుపళ్ళు : కట్టుడు పళ్ళు నిర్మించడానికి వయోపరిమిత లేకుండా అన్ని వయస్సుల వారికి ఈ సౌకర్యం కల్పించడం అమెరికన్ దంతవైద్యశాల ప్రత్యేకత. కట్టుడుపళ్ళు నిర్మించడం వలన పేషంట్ అందవికారం కాకుండా మానసిక ఉల్లాసాన్ని పొందవచ్చు. బోసినవ్యులకు బదులు ఆహ్లాదకరమైన నవ్వును పొందవచ్చును. పళ్ళు కడులుతున్న వారికి, పళ్ళు కట్టించుకొని అసంతృప్తితో ఉన్న వారికి, చాలాకాలంగా తీసిపెట్టుకొనే పళ్ళు పెట్టు వాడుతున్న వారికి, ఫిక్స్డ్ పళ్ళులేని వాళ్ళు, మరియు

కాలనుకొన్నవారికి ఒకేవైపు నములుతున్నవారికి, లేటెస్ట్ ఇంప్లాంట్ ఫిక్స్డ్ టీత్ చేయించుకొనే వారికి ఈ సౌకర్యాలను కలుగుచేస్తున్నారు. పళ్ళు తీయటం వలన కళ్ళకు మరియు మిగిలిన పళ్ళకు సమస్యలు ఏవీ ఉండవని అమెరికన్ దంతవైద్యశాల బృందం పేషంట్లలో ఉన్న అపోహలను తొలగిస్తున్నారు. రంగు మారిన, లేదా రంధ్రాలు పడిన, ఎరిగిన పళ్ళకు, లేటెస్ట్ టెక్నాలజీతో సహజ దంతాలుగా మార్చవచ్చు. ఐస్క్రీమ్స్, స్వీట్స్, చల్లదీనీరు, చల్లదీగాలి తగిలినప్పుడు పళ్ళు జీవ్మని లాగినట్లయితే అటువంటి వారికి కాస్టోటిక్స్ ఫిల్లింగ్స్ ద్వారా సరిచేయవచ్చు.

క్లిప్స్ బ్రీట్మెంట్ : 10సం॥లు నుండి 45 సం॥లోపు వయస్సు వారికి ఎత్తు, వంకర పళ్ళకు వాడే క్లిప్పులు తీసి పెట్టుకున్నప్పుడు అనంత్యైగా ఉన్నచో అత్యాధునిక ఫిక్స్డ్ క్లిప్స్ బ్రీట్మెంట్ లభించును.

దీర్ఘకాలికంగా చిగుళ్ళవాపుతో బాధపడుతున్న వారికి అత్యాధుని బ్రీట్మెంట్ : చిగుళ్ళు, వాపులు, చిగుళ్ళనుండి రక్తం కారుట, నోటినుండి వచ్చే దుర్వాసన, పళ్ళమధ్య ఖాళీలు ఉన్నవారికి, ఖాళీలతో బాధపడుతున్న వారికి, అహార పదార్థాలు పళ్ళమధ్య ఇరుక్కొనే సమస్యలు ఉన్నవారికి.

సిసీ, టీఎ తారలు, మోడల్స్, బిజినెస్ మ్యాగ్నెట్స్, మరియు విజిపీలకు ప్రత్యేక విభాగం: అన్నిరకముల దంత రోగాలకు, అంతర్జాతీయ స్థాయిలో ప్రత్యేక విభాగం ప్రారంభించబడింది. ప్రైవేసీతో కూడి చక్కటి అప్లడకరమైన విభాగమునందు సమాజంలో గుర్తింపుపొందిన వ్యక్తులకు, సిసీ, టీఎతారలకు మోడల్స్కు, బిజినెస్ మ్యాగ్నెట్స్కు, మరియు విజిపీలకు మరింత అడ్వాన్స్డ్ టెక్నాలజీతో కూడిన దంతవైద్య సేవలు లభ్యమౌతాయి.

అపాయింట్మెంట్ పొందగోరు వారు 040-3738888, 3735040 ఫోన్ నెంబర్లనందు సంప్రదించగలరు.

అమెరికన్ దంతవైద్యశాల

చర్వాస్ ప్రక్కన, అమీర్పేట్, హైదరాబాదు-73.

ఫోన్ : (040) 3735040, 3738888

రక్తదానం చేయండి !

ప్రాణాలు కాపాడండి !

సాటి మనిషి ప్రాణాలు కాపాడటం కంటే ఉత్కృష్టమైన కార్యం మరోకటి లేదని సనాతన హైందవేతిహాసాలు, వేదోపనిషత్తులు ఉద్ఘోషిస్తున్నాయి. అలాంటి మహత్తర అవకాశాన్ని స్వచ్ఛంద రక్తదానాన్ని చేయటం ద్వారా ప్రతి ఒక్కరూ పొందవచ్చు.

ప్రసవ సమయం, అబార్షన్లు, అగ్నిప్రమాదాలు, రోడ్డు ప్రమాదాలు, కిడ్నీ మార్పిడి, పలువిధాలైన శస్త్రచికిత్సలు ఇంకా అసంఖ్యాకమైన కారణాల వలన జంట నగరాలలోని ప్రభుత్వ, ప్రభుత్వేతర ఆసుపత్రులలో వేలాది యూనిట్లు అమూల్యమైన మానవ రక్తం అవసరం అవుతున్నది. ఈ అవసరాన్ని అధిగమించే స్థాయిలో రక్తం అందుబాటులో లేక పోవటం విచారకర పరిమాణం.

ఈ నేపథ్యంలో అమూల్యమైన సాటి మనిషి ప్రాణాలు కాపాడేందుకు ఉద్యమించాల్సిన తరుణం ఆసన్నమైంది. స్వచ్ఛందంగా రక్తదానం చేయటం వలన చురుకుదనం, ఉత్సాహం, ఆరోగ్యం, సాటి మనిషి ప్రాణాలు కాపాడిన మానసిక ఆనందం మీ స్వంతం అవుతాయి. 25,000 రూపాయల ప్రమాద బీమా పథకాన్ని స్వచ్ఛంద రక్తదాతలకు ప్రవేశ పెట్టి తన ప్రజా సంక్షేమ దృష్టిని చాటుకుంది ఆంధ్రప్రదేశ్ రాష్ట్ర ప్రభుత్వం.

రండి! స్వచ్ఛందంగా రక్తదానం చేయండి. విలువైన ప్రాణాల్ని కాపాడండి.

అభినందనలతో
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వ్యవస్థాపక అధ్యక్షులు
ఐవేకభారతి
స్వచ్ఛంద సేవా సంఘ.